

United States Gymnastics Federation's
**Gymnastics
News**

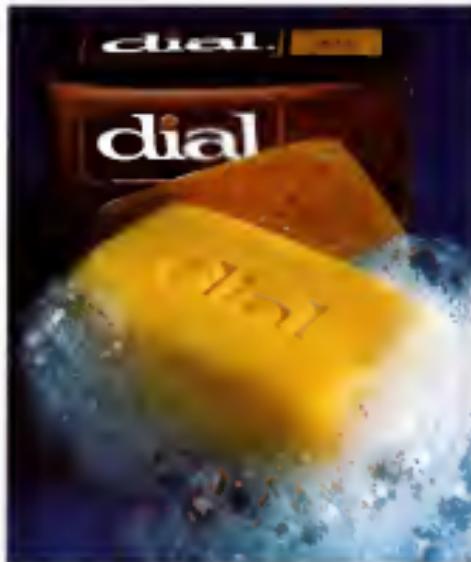
March • April • 1979
Vol. VIII, No. 2



Rhonda Schwandt



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Gymnastics News

March • April • 1979 • Vol. VIII, No. 2

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United States Gymnastics Federation

PRESIDENT, WILLIAM ROETZHEIM/EXECUTIVE DIRECTOR, FRANK L. BARE, VICE PRESIDENT FOR WOMEN, SUE ARMERMAN/VICE PRESIDENT FOR MEN, LES SARVANY
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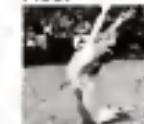
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XXth World Gymnastics Championships,
Ft. Worth, Texas — December
3-9, 1979.

Editorial

Frank L. Bare
Executive Director

1979 is really moving along quickly. Before we know it we will be focusing our attention as well as the attention of the whole world on Fort Worth, Texas and the WORLD CHAMPIONSHIPS. This is really the biggest gymnastic event in the world. Some 30 to 40 nations will be in the USA working towards winning an individual or a team title and becoming a true "World Champion". For the first time in our history we have two defending Champions. It will be another first, when they defend those titles on their home ground. This is the Twentieth World Championships. Until this year they were conducted only every four years, but starting in 1979 they will be held every two years, and in that year that falls before the Olympic Year they will serve a dual purpose of qualifying teams and individuals into the next Olympic Games. Only the top twelve teams from Fort Worth will be qualified into Moscow in 1980.

Not only will Fort Worth be the biggest gymnastics event in the world. It will represent great challenge to your USGF Staff, and all the helpers they are going to call upon to manage the event. The Podium will come from Montreal. The timing system (electronic scoring) will either come from Japan or Switzerland. The simultaneous translation equipment from New York. The Computers and Copiers from here in the USA. Press facilities for some 600 press representatives based around the world including multi-language typewriters, tele-equipment, switch boards and operators, and translators, and press sessions, and so on and so it goes. Equipment for seven complete sets for men and women at one time... all in one building. Transportation for 700 members of delegations and housing, and currency exchanges and meals. Not to mention... 17 different sessions of competition, that run from 8 a.m. until 10 p.m. in the first four days. It is a surefire even.

We remain hopeful that the Pan-American Games will be held without compulsorys, allowing us to send full teams for men and women. Latest developments indicate that most nations support not having compulsorys. It appears that now only the Cuban have to agree and the PAN AMERICAN GAMES can go on without compulsorys for that event alone. The near future will tell. If the Cuban Federation is interested in gymnastics first, their choice will be easy to make.

It's National Championships time. May 17-18-19th in Dayton, Ohio. Qualification time for the 1979 WORLD CHAMPIONSHIP trials set for later this year. NBC-TV will be there. The nation's best gymnasts will be there. If you can make it plan on attending the 1979 Championships of the USA, for men and women.



The 1979 Dial-American Cup

Frank L. Bare, Executive Director

SECOND

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WELCOME TO THE: DIAL AMERICAN CUP

It was the biggest and best ever. Fifteen nations, and nearly forty gymnasts from all parts of the World. The Fourth Annual, DIAL-AMERICAN CUP. A fitting place for the event, Madison Square Garden. All told more than 20,000 spectators witnessed the two-day event and of course, millions more watched it on ABC-TV's *Wide World of Sports* on the final Sunday session.

The results are included at the end of this report. Kurt Thomas was great and youthful, Phil Cahoy, of Omaha performed as we hoped he would - steadily and with signs of excellence showing throughout his performance. Kurt virtually dominated the competition for both days, winning every individual event but one on his way to the coveted All-Around title.

On the women's side, Kathy Johnson was joined by young, aggressive and eager-to-compete Tracy Talavera. Kathy had a few hiccups, but looked great elsewhere and began to drop behind in the all-around chase, but a young lady from Eugene, Oregon stepped in and quickly became the closest favorite and justifiably so. Tracy gathered up the Bronze Medal on Sunday and let the USA and other nations know she came to compete and would be around for a while.

This is perhaps much too USA oriented for the score of the event. There is little doubt that Kurt was not only the favorite, but the clear-cut winner in the men's competition. The women's events, however, were a different story. The two youngists from the German Democratic Republic (DDR) were outstanding. Young and talented Maija Gnauck is to be reckoned with in the world of women's gymnastics. She performs a triple-manning somersault on the Floor better than any man or woman we had ever witnessed - she twists three times on the upward part of her somersault and drops it out with eyes on the floor. Her double backs are equally impressive and she's an all-around threat for Fort Worth this December and Moscow in 1980.

Stella Zacharova, of the USSR, is carved from the same mold as the recently retired Turnsheva. Slightly stockier in build than many current stars she is more the less possessive of good lines and absolutely great skills. We saw her first on the USSR tour of January of this year, where she captivated audiences in a number of American cities. She came back in March to win the Dial-American Cup handily and demonstrated great steadiness, consistency and ability that has to be reckoned with for 1979-80. Many we spoke to consider her to be the best of the USSR's gymnasts. A full-in double back opens her floor, a double full is gracefully performed in the middle

of the routine and she ends with another double back... but have she does them is what is really remarkable. Her vault is fantastic. She is unquestionably a power in the sport, and potentially the winner in Ft. Worth and Moscow... a few months will tell.

Glenn Wilson of New Jersey was indoctrinated as Meet Director for the 1979 DIAL-AMERICAN CUP. He did a great job. It is no-easy task, as everyone who attends the event soon learns, to conduct an event in humanly. Glenn managed it well, helped with all aspects of the event from floor management to scoring and production. He did it so well, he will no doubt be asked to do it again in 1980. My thanks and those of all who participated for his excellence in management.



Stella Zacharova

1979 Dial-American Cup

We were delighted to have the following nations participate with us in 1979 and at the closing banquet we invited each of them to come back in 1980. Naturally we strive to improve the event in future years. It has become a rather large event, which pleases us but we should consider having two sessions on Saturday, perhaps morning and afternoon, to ease the crowded conditions on the floor and make it more palatable to the spectators present. We will, of course, consider that and any new ideas that cross our desks here at your national office.

Participating countries in 1979:

Brazil Gymnastics Federation
British Gymnastics Federation
French Gymnastics Federation
Federation of the German Federal Republic
Mexican Gymnastics Federation
Federation of the German Democratic Republic
Soviet Gymnastics Federation
Tchecoslovakian Gymnastics Federation
Canadian Gymnastics Federation
Japanese Gymnastics Federation
Swiss Gymnastics Federation
Norwegian Gymnastics Federation
Dutch Gymnastics Federation

What a pleasure to have so many representatives of the FIG with us for the 1979 CUP. Mrs. Ellen Berger of the DDR brought great prestige to the event by being with us as President of the Women's Technical Committee of the FIG. She was joined by Carole Ann Leheben, Canada, and our own Jackie Pie from that Committee and they were pleased to have with them Mrs. Riek Fentush of the Netherlands also from the FIG-WTC. On the men's side we enjoyed having Sandor Uray of Hungary, a hard-working, dedicated member to the FIG-MTC. They, along with judges from Finland, Austria, Canada, and the DDR, the GDR, USSR, Mexico, Czechoslovakia, Japan, and almost every participating nation made the event most fairly and objectively judged. Hat off to the assistance of Bernardo Aranda of Brazil for helping as judge and coach of her gymnast... she performed both tasks equally well.

From this hemisphere one observation must be offered. The gymnast from Mexico... was a number of steps above any gymnast from that nation we have ever seen before. We were so pleased and proud to see the level of his performance in a most demanding event among some of the best gymnasts in the world. The level of gymnastics in Mexico is rising rapidly. Congratulations to the Mexican Gymnastics Federation.

It is my pleasure to express our thanks to all who participated in the 1979 DIAL-AMERICAN CUP. It was much more than a gymnastics competition it was an event of friendship and cooperation. When mistakes happened, and they did, all seemed to understand and continue in a spirit of friendly competition.

From New York the group headed Joe Atlanta (see article... Mixed-Pairs... a line for gymnastics) and from Atlanta to Disneyworld in Orlando. We hope the visiting delegations enjoyed their visit to the U.S.A. as much as we enjoyed having them. We look forward to 1980 and promise to work hard to make the event, somewhat larger, but a great deal better.



Kurt Thomas

Color Photos of the
Dial-American Cup
on Pages 19, 20, 21

Dial American

Preliminary Scores Women

Name	Floor	UB	BB	Floor	Total
1. Elena Neymushina (USSR)	9.93	9.08	9.80	9.83	37.80
2. Svetlana Zakerova (USSR)	9.70	9.05	9.95	9.85	37.55
3. Kelley Johnson (USA)	9.80	9.15	9.80	9.25	37.80
4. Madl Gesau (GDR)	9.38	9.66	9.80	9.66	37.80
5. Tracee Tealove (USA)	9.20	9.04	9.55	9.00	37.25
6. Shani Hawes (CAN)	9.30	8.00	9.30	8.40	37.00
7. Erika Gabrovic (HUN)	9.20	9.15	9.35	9.26	38.95
8. Regina Grisolle (GDR)	9.35	8.80	9.80	9.20	38.85
9. Katerina Ujazd (HUN)	9.26	9.35	9.80	9.20	38.70
10. Svetlana Chishchereva (DDR)	9.20	9.10	9.15	9.15	38.50
11. Anna Savchenko (CISPR)	9.20	9.20	9.75	9.25	38.40
12. Petka Zemirova (CISPR)	9.15	8.75	9.15	9.25	38.30
13. Bry Cenevevski (SWF)	9.20	9.20	9.55	9.80	38.50
14. Silvia Vos (NETH)	9.15	8.30	8.45	8.45	35.95
15. Ann Henze (FRA)	9.10	7.85	9.20	8.55	35.25
16. Ayako Saito (JAP)	9.10	8.63	9.00	9.85	34.65
17. Christine Coutinho (BRAZ)	9.10	8.00	8.25	9.85	34.55
18. Yuki Kawai (JAP)	8.80	8.05	8.55	8.80	34.00

Finals

Name	Fed	Vault	UB	Beam	Floor	Total
1. Svetlana ZAKAROVA	USSR	9.18	9.50	9.48	9.75	38.88
2. MAXI SNAUCK	GDR	9.08	9.50	9.00	9.80	38.10
3. TRADEE TALAVERA	USA	9.25	9.05	9.00	9.55	38.05
4. KATHY JOHNSON	USA	9.08	9.00	9.00	9.85	37.85
5. SHERRI HOWCO	CAN	9.05	9.40	9.40	9.80	36.95
6. ELENA NAYMUSHINA	USSR	9.10	9.00	9.10	9.70	36.85
7. ERIKA DRABONIYU	HUN	9.00	9.20	9.00	9.20	36.70
8. REGINA GRISOLLE	GDR	9.45	8.80	9.10	9.15	36.50

Dial-American Cup

Preliminary Scores, Men

Name	Floor	FB	BB	Vault	FB	UB	Total
1. K. Thomas (USA)	9.70	9.75	9.65	9.40	9.70	9.82	58.50
2. J. Shimizu (JAP)	9.45	9.40	9.65	9.40	9.50	9.50	58.50
3. S. Makuts (USSR)	9.35	9.20	9.40	9.00	9.50	9.50	58.50
4. H. Toguchi (JAP)	9.15	9.00	9.45	9.45	9.45	9.83	58.40
5. W. Long (CAN)	9.35	9.10	9.20	9.20	9.40	9.40	58.05
6. Z. Mogyor (HUN)	9.15	9.70	9.05	9.40	9.45	9.45	58.00
7. P. Cahoy (USA)	9.05	9.50	9.10	9.30	9.10	9.65	55.90
8. H. Boario (FRA)	9.20	9.40	9.30	9.25	9.40	9.80	55.95
9. M. Hicklitz (GDR)	9.40	9.83	9.15	9.25	9.30	9.73	55.50
10. A. Antunes (USSR)	9.00	9.20	9.30	9.45	9.00	9.83	55.10
11. K. Calestino (CAN)	9.26	9.45	8.70	9.40	9.00	9.83	55.10
12. J. Miguel (CISPR)	9.15	9.15	9.30	9.40	8.70	9.30	55.00
13. J. Giger (SWE)	9.35	9.65	8.85	9.20	9.85	9.15	54.40
14. W. Moy (FRA)	9.10	8.65	9.45	8.95	9.25	9.85	54.35
15. L. Peltzman (NED)	8.70	9.25	9.05	9.20	9.60	9.83	53.70
16. P. Gillis (SWF)	8.90	7.75	8.85	9.30	9.15	9.85	53.10
17. J. Ocas (ESP)	9.15	8.45	8.30	9.40	9.60	8.78	52.10
18. J. L. Ocas (Mexico)	8.85	7.45	8.75	8.75	8.65	8.05	50.80

Finals

Name	Floor	Fm	Ring	Vault	FB	UB	Total
1. K. Thomas (USA)	9.75	9.65	9.65	9.55	9.70	9.82	58.10
2. S. Makuts (USSR)	9.65	9.40	9.55	9.50	9.68	9.70	57.40
3. J. Shimizu (JAP)	9.65	9.30	9.50	9.50	9.60	9.85	57.00
4. H. Toguchi (JAP)	9.25	9.35	9.40	9.40	9.50	9.70	55.60
5. Z. Mogyor (HUN)	9.00	9.75	9.25	9.15	9.45	9.45	55.50
6. P. Cahoy (USA)	9.25	9.50	9.30	9.40	9.85	9.15	55.20
7. M. Hicklitz (CAN)	9.45	9.20	9.35	9.50	9.85	9.85	55.00
8. H. Boario (FRA)	9.20	9.30	9.30	9.35	9.10	9.50	55.75

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MIXED-PAIRS

A first-ever for our Sport.

It was in Atlanta, Georgia in the beautiful Omni Arena, CBS-TV was there for the "Sports Spectacular series... and they were all there to see 18 mixed-pairs take part in the world's FIRST MIXED-PAIRS GYMNASTICS CHAMPIONSHIPS.

All the gymnasts from the recently concluded American Cup invited to Atlanta and we conducted a coaches-delegation leaders meeting. We explained the concept of an event that had never been done before. Mixed-Pairs, was just what it sounded like. Two gymnasts compete. The man first, in an event he selected, and then his partner in her pre-selected event. The scores came up together and the score for the pair was the combined score of the two that were listed. Groups of judges sat at either end of the floor in order to see whatever event the gymnasts had chosen without moving chairs. They sat together. It was fun. Terribly qualified according to the Code of Points, and designed to be enjoyable for gymnasts and spectators. It turned out to be just that but a whole lot more. It was a great competition. We think it has a great future.

Rick Appleman, who has done so much for our promotional fortunes in years past thought of the idea. One would figure it wasn't a gymnast we always think of standard events and the Code of Points. This idea sounded good so we credit CBS-TV, and their host Leslie Enkhus (Sports) also thought it sounded interesting. Our promotion agency 20th Century-Fox Sports liked it. Everything was positive so it was green and go.

We have 18 pairs. 13 of them were truly national pairs, that is both gymnasts were from the same nation. The other the mixed available men and women gymnasts depending upon which gymnasts represented nations alone. Thanks here to Francis Allen and his great young performer, Jim Hartung who flew in and competed virtually at a moment's notice when we found we had one young lady from Czechoslovakia without a partner for the competition. Thanks Francis, thanks Jimmy, thanks Nebraska University.

The competition went basically this way. Two preliminary rounds. During these first two rounds, each gymnast had to designate which two (different) events they intended to work. They did just that. The total score of the two events each for the male and female gymnast were summed after each round. Then we cut to the top 8 mixed-pairs teams. Then those pairs had to select one more routine... to perform... but this time they could be one of the same selected before. Then that score was added to the first two scores—but don't forget the pairs score—the male and female scores count together... then we narrowed it to three pairs. This time they had to select one more routine... and again it could be one they had previously performed. The competition was fierce... the interest was high and the gymnasts pressed on. Finally, with the fourth round of scores for the final pair added with the previous three rounds—the pair from the German Democratic Republic, was declared winner by

95 points above the pair from the USSR... which pair was only 10 points ahead of the pair of Johnson and Thomas from the U.S.A.

DDR 1st — Maxi Gneuck and M. Nikolay
USSR 2nd — Svetlana Zakharenko and Bogdan Makov
USA 3rd — Kathy Johnson and Kurt Thomas

Results follow for this most interesting event. We anticipate some changes already, but it has a future in the area of shows for gymnasts. A fun, sporting competition with real gymnast and spectator interest. Watch CBS-TV beginning April 21st... for the first of seven (7) weeks of this great event. Let us know what you think of it... everyone who participated loved it.



Winners in the first Mixed-Pairs Championships, Maxi Gneuck and Michael Nikolay of the German Democratic Republic

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DIAL-AMERICAN CUP
MIXED PAIRS COMPETITION
ATLANTA, GEORGIA
March 13, 1979

1ST ROUND

Mr. J. Geiger, FDR	37.00	13th
Mrs. K. Ujzegyi, Hungary		
Mr. J. Shimizu, Japan	37.30	8th
Mrs. Y. Kawai, Japan		
Mr. J. Hartung, USA	37.40	7th
Mrs. R. Zemanova, USSR		
Mr. P. Galli, Switzerland	37.15	11th
Mrs. E. Ganswindt, Switzerland		
Mr. J. Davis, Great Britain	36.05	15th
Mrs. S. Chesselbrough, Great Britain		
Mr. J. Migita, USSR	37.25	9th
Mrs. A. Seurinova, USSR		
Mr. H. Teguchi, Japan	36.80	14th
Mrs. A. Saito, Japan		
Mr. Z. Magyar, Hungary	38.05	3rd
Mrs. E. Galambos, Hungary		
Mr. H. Boeno, France	37.20	12th
Mrs. C. Coutinho, Brazil		
Mr. P. Cahoy, USA	37.80	5th
Mrs. T. Talmage, USA		
Mr. L. Patterson, Norway	35.70	18th
Mrs. R. Grabau, GDR		
Mr. J. Cano, Mexico	36.00	17th
Mrs. B. Vos, Holland		
Mr. P. Delassalle, Canada	37.45	6th
Mrs. S. Hinwood, Canada		
Mr. K. Thomas, USA	38.00	4th
Mrs. K. Johnson, USA		
Mr. A. Anisimov, USSR	36.45	16th
Mrs. E. Naumchina, USSR		
Mr. W. Moy, France	37.05	12th
Mrs. A. Herbe, France		
Mr. M. Nikolay, GDR	38.55	1st
Mrs. M. Gnauck, GDR		
Mr. B. Melikub, USSR	38.40	2nd
Mrs. S. Zakharenko, USSR		

FINAL ACCUMULATED SCORES

Mr. M. Nikolay, GDR	77.45	1st
Mrs. M. Gnauck, GDR		
Mr. B. Melikub, USSR	77.40	2nd
Mrs. S. Zakharenko, USSR		
Mr. K. Thomas, USA	76.65	3rd
Mrs. K. Johnson, USA		

USGF CONGRESS '79

September 28, 29, & 30

St. Louis

The 1979 USGF CONGRESS is just around the corner. The 1979 CONGRESS is being held in the beautiful and spacious SHERATON-St. LOUIS HOTEL at Convention Plaza. The dates for the CONGRESS are September 28, 29, & 30. Rooms are now held for your reservations, and special Congress rates are in effect if you register early.

Plan ahead and mail your USGF REGISTRATION to the USGF National Office, and contact the Sheraton-St. Louis Hotel directly for your room reservations. Be sure to specify that you are registering for the 1979 USGF CONGRESS to take advantage of the CONGRESS RATES.

Registration fee of \$30.00 dollars should be sent to the USGF and as in years past this includes the annual banquet, and attendance at all meetings.

This years CONGRESS will feature reports on, World Championships 1979, Olympic Preparations 1980 and USGF Program Sessions.

The 1979 CONGRESS will also for the first time feature a more extensive exhibition display area for exhibitors of interest to the gymnastics community.

The 1979 USGF CONGRESS. Watch us grow and become the biggest and best CONGRESS Ever. Send your check made payable to the USGF CONGRESS, to the USGF P.O. Box 12713, Tucson, AZ 85732. Register now for this years CONGRESS.



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George D. Nissen

Grand Prix Paris, France March 3, 4 - 1979

Audrey Schweyer

Gymnasts Christa Canary, and Donna Turnbow, Coach Bill Sands, and I arrived in Charles DeGaulle Airport, Paris, France on Thursday, March 1st. After following a Disneyland issue of mowing sidewalks and free hanging glass enclosed tunnels through the ultra-modern airport facility - we were met by a member of the Grand Prix organizing committee, who escorted us to a waiting van. After a 1 1/2 hour ride through endless traffic, we arrived at the Hotel Sofitel of Paris, - a truly elegant and beautiful hotel, which was to be our home for the next few days.

Following a four course dinner, where we entertained each other by taking odds on which was the correct knife to use for each serving - the girls returned to get caught up on sleep. Bill and I decided we just had to see the Eiffel Tower. Armed with a map of Paris and Bill's extensive knowledge of the French language (approximately six phrases including "Do you speak English?") - we set out for a ride on the metro followed by a twenty minute walk in the rain to the Eiffel Tower.

Friday noon we joined the other delegations for another four course meal. We were happy to meet the Canadians at that time. We finally had someone to talk to and writable so clear up many of our questions about schedule, etc. After a short bus ride to the competitive site, the girls worked out for several hours on Friday afternoon. We were all pleasantly surprised to see American equipment on the floor, as well as duplicate equipment in a warm-up room.

We met the French gentlemen responsible for the presence of AMF equipment on the floor. Mr. Daniel Desus. He generously offered to take us on a quick cut tour of Paris that evening. We were happy for the chance to see some of the famous sites of Paris, and right after work-out we were treated to an expertly guided tour followed by dinner on the "Lele Bar."

Christa and Donna were anxious to do some shopping, so Saturday morning found us walking through a large neighborhood shopping area that Bill had located on an earlier scouting trip. We all returned to the hotel in time for our noon meal. After rolling myself away from the table once again, Bill and I left to attend the meeting for all coaches and officials, while the girls went to their room to rest for the competition that evening.

It was a small but enthusiastic group of spectators that greeted the women gymnasts in the hall of competition. Following a welcome by Princess Grace (Kelly) of Monaco, Christa started the men as the 1st vaulter.

As a member of the vaulting panel, it was an interesting beginning for me, as the score for her 1st vault, a frontalizing front somersault with 1/2 twist came in at 8.8, 9.0, 9.8, and my 9.6. The lower scores were adjusted to ring resulting in a 9.35 average much too low for the vault performed. Her second vault (same vault) averaged to a 9.4. Two vaults scored higher in this preliminary



Christa Canary

competition, with Filatova earning a 9.5 for a layout takashita, and Gajdosova receiving a 9.45 for a nice piked takashita. It was both an amazing and confirming event to judge. Since the vaults were not called by name or number, I didn't know what vault I was going to see as the gymnast ran down the runway. Nor was I always certain as to what I had seen after the vault was performed, as in the case of piked layouts, or bent knee pikes.

We finished vaulting with both U.S. girls qualified for finals. Donna stood up her second vault, a handspring front somi for a 9.3, tied for 1st going into finals.

Since my assignments were on the vault and beam, I did not see the uneven bar competition. Christa finished the bar preliminaries with the second highest score of 9.5, and Donna, despite a bad break in swing, earned a 9.05 good enough to place 5th going into finals. Since Filatova had fallen on her bar set, Christa was now in 4th place AA after two events.

Christa came through once again on the balance beam performing quite smoothly and aggressively. The audience loved her front somi mount onto the beam, as well as a beautifully executed double back dismount. She was rewarded with a well-deserved 9.5 score. Filatova received a 9.05 score for a waddled-down routine of flip-flops followed by a layout dismount. The polish and virtuosity of her performance, however, is undeniable.

The last performer on floor exercise was Donna Turnbow, she performed quite confidently, and received a 9.35. Christa had some problems with landings and balance and finished with a 9.25, just missing qualifying for these finals but good enough to complete the competition in a first place tie for all-around with Filatova. Eberle of Romania was third all-around.

Grand Prix

It was a very happy group of Americans who left that competition Saturday evening. Christa Canary had placed 1st in a tie with Filatova. Quite an achievement! This was the first time the USA had been invited to Grand Prix competition, which is held every two years, and we were very proud to have won a gold medal as all-around.

Finals competition was held Sunday afternoon at the same site. This day found the stands packed with an appreciative audience. It was to be another successful competition for the Americans, with Christa winning the gold medal for balance beam and the silver medal for vault. Donna performed very nicely on floor and won the bronze.

I think Bill Sands should also get a medal for his very competent coaching throughout the meet. He encountered some "manic inconveniences" (as he called it) but remained calm and determined.

We left Paris on Monday afternoon, warmed by the first sunshine we had seen since our arrival. It had been a short but productive and pleasant experience. My thanks to USGF for allowing me the opportunity to travel to Paris. A special thanks to Bill, Christa, and Dennis for their cooperation that helped to make it a very pleasant time for us all.

Fig News Bulletin For Women's Gymnastics

1. Musical Accompaniment for World Championships

Choices of

 Currant Music: by Carol Stabisevski

 Russian Music: by E. Vavrik

 Japanese Music: by Yukio Takura

Note: the entire team must use the same music.

For Optionals: Orchestral accompaniment on cassette will be permitted.

2. Judging of all exercises will be based on the current Code of Points, 1975 edition.

3. FIG Intercontinental Judges Course for Woman scheduled for Oct. 15-21 in Moscow.



Christa Canary and Donna Turnbow



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1st Elite National Meet

Outstanding teams at the 1st Elite National Meet of 1979 at the Oakland Auditorium were the Parkettes of Pennsylvania, coached by Bill & Debra Straus and the National Academy of Artistic Gymnastics of Oregon, coached by Dick & Linda Mulvihill.

Leslie Pyfer of NAAG led after compulsories and held the lead throughout options, winning the AA with 74.85. She also won an individual title in Vaulting, and was 4th in uneven parallel bars and Floor exercise. Her teammate, Amy Machamer tied for 2nd AA with Leslie Russo of Grossfeld's. Heidi Anderson of the Parkettes placed 5th, along with teammates Sandy Wirth 5th and Gigi Ambrardos 8th. Janine Creek of Big Sky, Montana, finished 5th AA.

Pyfer won vault (18.9) with a combination of a handsping 1-1/2 tucked from front and the same vault with a 1/2 twist, both done with clean, rapid rotation. Jackie Casello, a former Jr. Elite, missed first place by 1 with her handsping 1-1/2 from front and her layout. Tsukahara Kennedy's Lea Hensar threw an excellent, stretched layout. Tsukahara with a very slight step on landing, and was judged at 9.7. During the AA competition, Diane Davis of Colorado Gymnastics Academy scored a 9.8 on an optional vault, followed by Pyfer, Lexi Zeis of Niagara Gym Club, N.Y. and Heidi Effenbick, Arden Arts, Sacramento, CA., all with 9.55's.

Because of accelerated rank, 10 of the 23 competitors scored their lowest combined scores in the Uneven Bar competition, during the AA rounds. Pyfer's 9.55 compulsory and 9.60 optional dazed, but she was closely pursued by teammate Weinstein who scored 9.4 and 9.55. However, Weinstein won the Individual Uneven Bar title with a routine that included 2 conservative saltolets, sevres and forward salter movements using both high and low bar, and an underwing front tuck with 1/2 turn dismount.

Uneven bars provided the most originality of any event, with some almost defying description. Machamer's delicate shoot to catch high bar, eagle grasp, Beth Johnson's popped-like-eagle 1/2 twist to immediate front support on high bar; Anderson's front sole circle, regrasp eagle grasp, release front flip engrapp in straddle position and her handstand full pressure on the high bar, Russo's 2 front walkovers with beautifully straight body, and on low bar 1/2 turn handstands.

The options were marred with many falls from the Beam, as were the finals. The audience was knowledgeable, and appreciated the high rank routines presented. With a 9.8 in the finals, Kari Lewis of the Anima Sunrays moved from 2nd to 1st position, and received the largest applause of the meet for her routine that included an excellent mount, running front tuck, switch leap, back handspring-back layout, front and side aerials, back tuck combined with fantastic dance and finely stretched body positions. Machamer followed Lewis and the crowd was again presented with an outstanding routine, a complicated mount of 3 full turns in handstand position, solid back tuck, super-light landings

on every move, full twist dismount. Creek's high risk routine was accented by running leaps, elegant dance and flair. Gigi Ambrardos showed 2 solid aerials, back handspring down to straddle, and back handspring to back tuck. Anderson's mount was a handstand down to elbow stand, and her tremendous leaps and back layout to straddle position brought gasps from the spectators. They also showed appreciation for the KIP's Shaeen Shapiro's running front and back tuck, both with solid landings, along with Sandy Wirth's aerial to Valdez position and excellent running front. Perhaps showing the greatest risk of all was Pam Lee of Texas, who had excellent combinations, light landings, polished dance, and change of tempo.

At this point in the meet, Jim Gault, acting as MC, thanked all of the competitors for outstanding efforts on the Balance Beam.



Leslie Pyfer

Leslie Russo and Kari Lewis capped the evening's competition with outstanding F/X performances and tied for 1st with 19.95. Russo threw a clean double back with a good landing, a double nun, double full twist. An accomplished dancer, she completed every move. Lewis' choreography was outstanding. Along with her combination of back handspring, whip-back (or layout) back handspring double full twist, 2 double turns and beautiful movement, she has an unusual ending. Creek's gift to the amazed spectators was a combination of impressive tumbling, rare choreography and a joyful personality. Crowd involvement always happens during Shapiro's powerful routine. Her music and dynamics command their attention, and she obliges with excellent leaps and alacrity from plus double back and jump with a double turn. Pyfer also involves the audience with her music and rewards them with double backs, double twists and superb dance. Beginning with a double back

1st Elite National Meet (Cont'd)

mount, Linda Kardos of the Gym-Banders performed a marvelous program with high leaps and choreography that fit her appearance, ability and feeling for the music. Janet Funderburk of West Va. attracted everyone's attention with an unusual facing-outward beginning, and then threw a double twist, done very well, an arabian front through to a front, both tucked, and a rudi.

Even though early in the season, the RISK is there. New faces on the Elite scene show great potential. Berni Barnes, Pam Lee, Janet Funderburk, Heidi Ellenbeck, Jayne Weintraub, Pam Rue, Amy Macchamer, Lisa Zeis, Tory Wilson, Diane Dowd and Lea Hersant. There was notably large representation of states, especially in the finale, along with many as yet "unknown-nationally" coaches who are coming into prominence.

Jim Gault's Diablo Gym Club "Gym-dandies," who appeared to be between 6-9 years old, entertained the audience during judges conferences, and after the meet while scores were being called. Enjoyable to watch, they excelled tumbling with excellent technique and also performed a synchronized routine. For their first ever Elite meet, Northern California provided a skilled and competent Meet Director in Jim Turpin of Almaden. The unusually large audience was the result of publicity efforts by Sophie Suddman, and Jim Gault made their attendance most enjoyable with his knowledgeable announcing and charming manner.

INDIVIDUAL PLACEMENTS

Vault	UPB	Vault	UPB
1. Pyfer	18.900	1. Weintraub	18.975
2. Casciello	18.800	2. Russo	18.750
3. Barnes	18.725	3. Macchamer	18.725
4. Shapiro	18.725	4. Rue	18.475
5. Wirth	18.700	5. Anderson	18.425
6. Hersant	18.575	6. Pyfer	18.375

Balance Beam EX.

Balance Beam	EX.	Balance Beam	EX.
1. Lewis	19.250	1. Lewis	18.975
2. Macchamer	19.200	2. Russo	18.975
3. Creek	18.725	3. Casciello	18.950
4. Shapiro	18.575	4. Pyfer	18.875
5. Amundson	18.275	5. Kardos	18.700
6. Anderson	18.275	6. Shapiro	18.550
		6. Macchamer	18.550

ALL AROUND

1. Leslie Pyfer (NAAG)	79.85
2. Leslie Russo (Grosfield's)	75.95
3. Amy Macchamer (NAAG)	75.95
4. Heidi Anderson (Parkers)	75.55
5. Janine Creek (Big Sky)	75.50
6. Sandy Wirth (Parkers)	75.35
7. Kari Lewis (Sunsets)	75.29

8. Pam Lee (Sunsets)	73.15
9. Gigi Amundson (Parkers)	73.15
10. Berni Barnes (Tacoosa)	72.85
11. Jayne Weintraub (NAAG)	72.80
12. Janet Funderburk (W. Va.)	72.85
13. Beth Johnson (Olympia Training Center)	72.30
14. Sharon Shapiro (KJPS)	72.25
15. Julie Goewey (Arizona Twisters)	72.09
16. Lisa Zeis (Niagara Gym Club)	71.95
17. Linda Kardos (Gym-Banders)	71.90
18. Tory Wilson	71.75
19. Diane Davis (Colorado Academy)	71.75
20. Polly Rogers	71.65
21. Susie Van Slyke	71.55
22. Patti Rue	71.05
23. Heidi Ellenbeck (Arden Aerials)	71.00
24. Jackie Casciello (MG Gymnastics)	70.90
25. Jeni Cannon	70.85
26. Lea Hersant (Kentucky)	70.55
27. Pam Turner (Grosfield's)	70.35
28. Demi Graup (KJPS)	69.95
29. Teresa Schrader (Gypsy Gymnasts)	69.95
30. Julie Jursnick	69.75
31. Wendy Dorsey (KEGA)	68.45

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CHAMPIONS ALL, London, April 1979

Men

Popov USSR AA 55.90 1st Place
 Kormann USA AA 55.70 2nd Place

Women

Comaneci ROM AA 39.20 1st Place
 Johnson USA AA 37.70 4th Place

Complete report on Champions
 All in the May-June issue.



Medallion Struck For Gymnastics Encompasses Texas and the World

Sig Horro, President of Corrigan's Jewelers

Fort Worth, Texas. — This year's World Gymnastics Championships medallion offers a little bit of Texas to each winner from around the world.

Corrigan's Jewelers has been selected as the official designer of the medal for the 20th World Gymnastics Championships in Fort Worth, Texas, December 3-9, 1979. And the design conceived for the medal blends Texas, gymnastics and the world into a concise medal three inches in diameter.

The medals, in gold, silver and bronze, will be composed of the same material and quality as the medals used for the Olympic games.

The gold and silver medals will consist of solid sterling silver. The gold medal will be gold overlaid with at least six grams of pure gold.

Small or special souvenir versions of the medals also will be struck, and will be distributed to the more than 500 participants, judges and officials at the Championships.

At the center of each medal is a star representing the Lone Star of Texas. It is surrounded by five silhouettes of gymnasts, representing the five major continents of the world. Latitude and longitude lines criss-cross the silhouettes and the star, and the entire design is encircled by an outline of the earth.

The five colors selected for the medal for use on posters and other artwork represent at least one color that is used in every national flag in the world, as in the five Olympic rings. The colors are red, yellow, green, blue and black.

The medals will be attached to ribbons that will be placed around each winner's neck.

Sig Horro, President
Corrigan's Jewelers
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1979 NATIONAL SPORTS FESTIVAL...
Gymnastics Schedule

July 22 Athletes, Coaches & Pianist - Arrival
July 26 Women Judges - Arrival
July 27 Men Judges - Arrival
Departure dates August 1, 1979

Training & Competition Schedule:

July 22	3:00 pm - 4:00 pm	Women's Training
-	4:30 pm - 10:00 pm	Men's Training
July 23	12:00 pm - 5:00 pm	Women's Training
-	6:00 pm - 10:00 pm	Men's Training
July 24	12:00 pm - 5:00 pm	Women's Training
-	6:00 pm - 10:00 pm	Men's Training
July 25	12:00 pm - 5:00 pm	Women's Training
-	6:00 pm - 10:00 pm	Men's Training
July 26	8:00 am - 12:00 Noon	Women's Training
-	12:30 pm - 3:00 pm	Men's Training

OPENING CEREMONIES		
July 27	8:00 am - 11:00 am	Women's Training
-	12:45 - 2:45 pm	Offs. Train. Work. Timed
-	3:00 pm - 6:00 pm	Women's AA Competition
-	7:00 pm - 10:00 pm	Men's Training
July 28	1:00 pm - 4:00 pm	Women's Training
-	5:15 pm - 6:45 pm	Men's Official Training
-	7:00 pm - 10:00 pm	Men's AA Competition
July 29	1:00 pm - 4:00 pm	Women's Training
-	7:00 pm - 10:00 pm	Men's Training
July 30	8:00 am - 12 Noon	Women's Training (if can)
-	1:00 pm - 4:00 pm	Men's Training
-	5:00 pm - 6:45 pm	Women's Official Training
-	7:00 pm - 10:00 pm	Women's Finals
July 31	8:00 am - 12 noon	Men's Training (if desired)
-	1:00 pm - 4:00 pm	Women's Training
-	5:00 pm - 6:45 pm	Men's Official Training
-	7:00 pm - 10:00 pm	Men's Finals

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DIAL NATIONAL INVITATIONAL

Tucson, Arizona

February 15, 16, 17, 1979

The first Dial-National Invitational, Women's Gymnastics Meet was held in Tucson, Arizona on February 15, 16 and 17.

At stake were berths on U.S. G.F. International Teams, as 35 of the top female gymnasts in the country participated in the three day event.

Rhonda Schwandt, Donna Turnbow, Christa Canary and Heidi Anderson were among the top gymnasts in the event. Kathy Johnson and Nancy Fredericks missed the event, as they were recovering from illness and injury.

A twelve-year-old bundle of energy from Eugene, Oregon, Tracee Talavera was the surprise of the meet as she came from nowhere to finish sixth overall. Her performances won the crowd, and her scores on the Uneven Bars were second only to Rhonda Schwandt, who won three of the four events.

Miss Schwandt, scored an impressive 37.80 in Compulsory routines to lead all competitors into the optional competition. Rhonda's scores for the four events were 9.45 on Floor Exercise, 9.70 on Uneven Bars, 9.55 in Vaulting and a 9.15 in Balance Beam. Second after the compulsory events was 1977 USGF Gymnast of the Year, Donna Turnbow, with a score of 37.35. Leslie Pyter was third with a score of 37.45.

Rhonda scored a 9.85 on the Uneven Bars during the optional routines to help build more than a 1 point lead over second place finisher Donna Turnbow. Miss Schwandt had a two day total of 76.25 followed by Miss Turnbow's score of 75.20. Christa Canary of Northbrook, Illinois moved into third place with a two day score of 74.95.

Tracee Talavera scored a 9.85 on the Uneven Bars to tie Rhonda Schwandt for first during the optional routines. Her performance moved her from 16th to 6th overall after the optionals.

The top eight qualifiers in each event moved into the finals on Saturday night. In the finals, Rhonda Schwandt won three of the four events, finishing third in the floor exercise, her only non-winning effort.

On the Balance Beam, Miss Schwandt's score of 9.35 placed all finalists, in Vaulting her 9.85 was by .35 the top scoring. In the Uneven Bars, Rhonda was preceded by Tracee Talavera but she scored a 9.80 to win.

Heidi Anderson of Allentown, PA stole the show during the finals. Her floor exercise was spectacular and a fitting performance as the last performer on the final event of competition. Her crowd pleasing routine put the finishing touches on a very successful, inaugural Dial-National Invitational.

Dial National Invitational Individual Results

Vault

1. Rhonda Schwandt	29.15
2. Christa Canary	28.75
3. Sandy Wirth	28.65
4. Sharon Shapiro	28.05
5. Donna Turnbow	27.95
6. Tracee Talavera	27.625
7. Dianne Doves	27.50
8. Julia Gokey	27.025

Bars

1. Rhonda Schwandt	29.35
2. Tracee Talavera	29.15
3. Heidi Anderson	28.70
4. Sandy Wirth	28.30
5. Donna Turnbow	28.25
6. Jane Weinstein	28.20
7. Linda Kardos	27.65
8. Christa Canary	27.55

Beam

1. Rhonda Schwandt	28.25
2. Christa Canary	27.60
3. Amy Machamer	27.45
4. Heidi Anderson	27.30
4. Beth Johnson	27.30
4. Jane Weinstein	27.30
7. Donna Turnbow	27.10
8. Sandy Wirth	26.85
9. Dianne Doves	26.75

Floor

1. Heidi Anderson	28.50
2. Leslie Pyter	28.40
3. Rhonda Schwandt	28.35
4. Jeannine Creek	28.30
4. Donna Turnbow	28.30
6. Christa Canary	28.10
7. Linda Kardos	28.00
7. Jackie Caisello	28.00
7. Gigi Ambando	28.00

Dial-National Invitational Overall Results follow on page 18.

Dial National Invitational Overall Results

Name	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	11th	12th	13th	14th	15th	16th	17th	18th	19th	20th
1. R. Schwandt	9.55	9.70	9.15	9.48	37.80											9.00	9.40	9.05	9.80	36.25
	9.65	9.65	9.45	9.35	75.25											9.00	9.90	9.80	9.80	71.55
2. D. Tambow	9.35	9.55	9.35	9.20	37.55											9.00	9.40	8.80	9.80	38.83
	9.48	9.68	9.15	9.55	75.20											9.05	9.10	9.85	9.85	71.75
3. C. Cesary	9.00	9.65	9.05	9.00	37.20											9.05	9.70	9.45	9.35	36.00
	9.15	9.10	9.35	9.55	74.95											9.00	9.80	9.80	9.93	71.48
4. H. Anderson	9.40	9.25	9.00	9.20	36.95											9.05	9.10	9.80	9.70	36.75
	9.39	9.70	9.13	9.55	74.80											9.05	9.85	9.20	9.70	71.45
5. S. Wirth	9.30	9.35	9.35	9.20	37.00											9.05	9.85	9.10	9.80	36.89
	9.65	9.50	9.00	9.10	74.48											9.05	9.20	9.80	9.15	71.20
6. T. Teletova	9.25	9.70	9.43	9.65	36.25											9.15	9.40	9.25	9.85	34.68
	9.40	9.65	9.03	9.15	73.00											9.35	9.85	9.15	9.85	70.75
7. L. Pyfer	9.05	9.75	9.25	9.40	37.48											9.05	9.25	9.50	9.90	35.80
	9.30	9.50	9.55	9.50	73.50											9.10	9.80	9.15	9.45	70.75
8. J. Weinstein	9.30	9.55	9.15	9.10	37.10											9.05	9.70	9.85	9.85	35.45
	9.80	9.05	9.30	9.35	73.40											9.10	9.85	9.75	9.85	70.85
9. G. Ambrosio	9.30	9.80	9.80	9.25	37.15											9.10	9.80	9.70	9.85	36.35
	9.10	9.80	9.85	9.35	73.35											9.05	9.55	9.85	9.05	73.55
10. L. Kerdic	9.10	9.40	9.85	9.30	38.65											9.08	9.80	9.70	9.88	38.33
	9.15	9.40	9.80	9.30	73.30											9.05	9.85	9.90	9.85	35.85
11. S. Shepino	9.40	9.65	9.20	9.20	38.85											9.15	9.40	9.75	9.05	38.39
	9.55	9.55	9.70	9.30	72.95											9.15	9.65	9.20	9.95	72.40
12. J. Creek	9.85	9.10	9.25	9.40	36.19											9.05	9.55	9.80	9.85	35.35
	9.70	9.80	9.80	9.50	72.30											9.00	9.70	9.85	9.90	73.30
13. A. Mechler	9.20	9.20	9.30	9.30	37.00											9.05	9.10	9.05	9.85	35.25
	9.80	9.20	9.30	9.00	72.20											9.10	9.80	9.60	9.88	70.80
14. B. Johnson	9.70	9.95	9.10	9.30	38.15											9.00	9.60	9.80	9.80	35.40
	9.10	8.85	9.20	9.00	72.30											9.05	9.35	9.15	9.88	38.75
15. A. Woods	9.10	9.95	9.75	9.80	35.70											9.00	9.15	9.00	9.86	35.20
	9.95	9.90	9.85	9.20	72.30											9.15	7.85	9.60	9.20	39.70
16. L. Zeta	9.10	9.20	9.80	9.00	35.10											9.00	9.60	9.20	9.28	34.80
	9.15	9.80	9.25	9.80	72.39											9.20	9.60	9.80	9.10	39.10
17. J. Cassillo	9.85	9.25	9.85	9.00	35.85											9.05	9.20	9.20	9.88	34.88
	9.50	9.60	9.80	9.55	72.20											9.00	9.60	7.65	9.88	68.70



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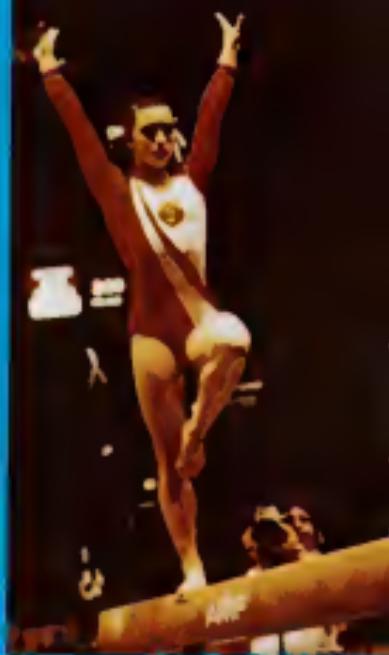
Winners

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Stella Zakarova, USSR

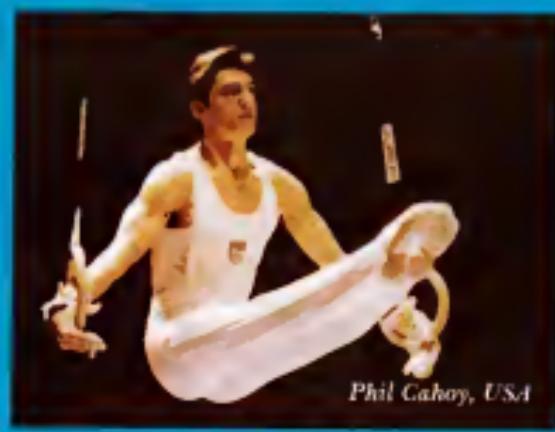
Warren Long, Canada



Stella Zaharova, USSR



Phil Caboy, USA



J. Shimizu, Japan



Brigitte Johnson, USA



Pat Thomas, USA



Regina Grabotter, GDR



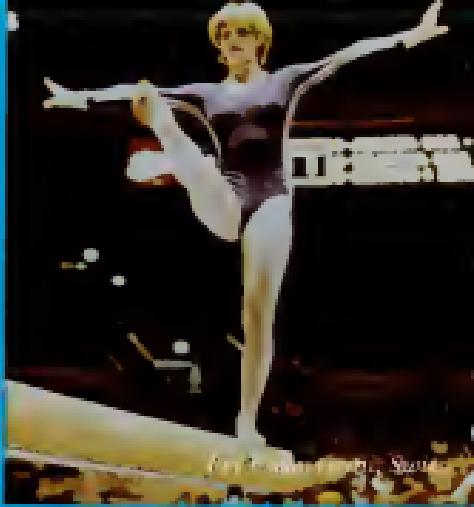
Maxi Graack, GDR



Bogdan Alukals, USSR



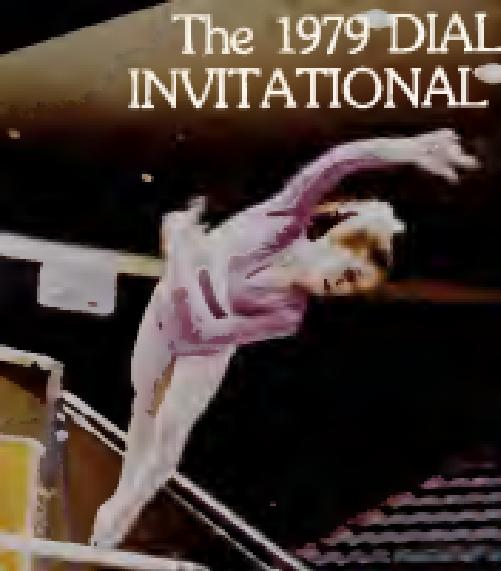
Stella Zaharova, USSR



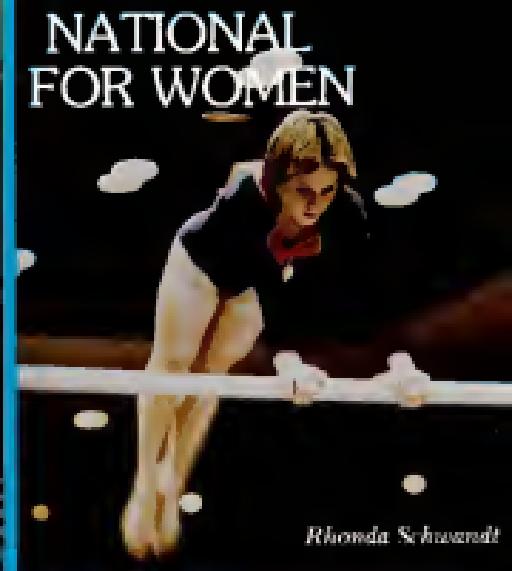
Tracee Tolson, USA



The 1979 DIAL INVITATIONAL



NATIONAL FOR WOMEN



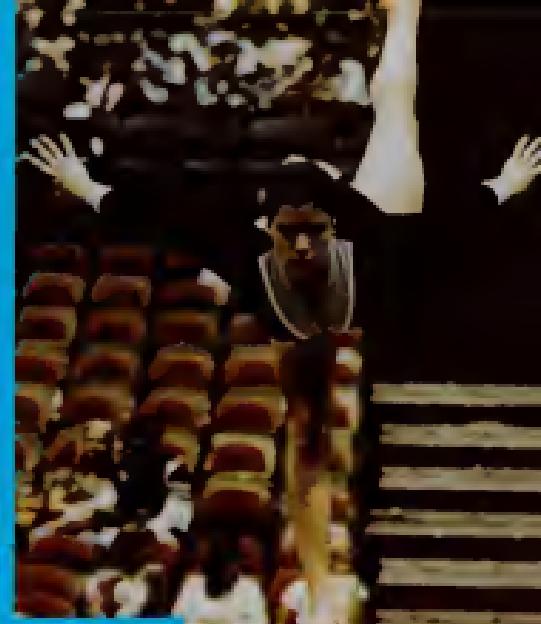
Rhonda Schwartz



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Switzerland, Secretary-General, F.I.G.



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Japan, 1st Vice-President



Mr. Yuri Titov
USSR, President F.I.G.



Mr. Frank L. Bare
USA, 2nd Vice-President



Mr. Maurice Burette,
France, 3rd Vice-President



Mrs. Ellen Berger
German Democratic Republic
Pres. Women's Tech. Comm.



Mr. Alex Lylo,
Czechoslovakia,
Pres. Men's Tech.
Comm.



Mr. Nicholai Viena
Romania



Mr. Nicolae Hadjiev
Bulgaria



Mr. Rudi Spieth,
German Federal
Republic

Not Shown:
M. Radovanovich
Yugoslavia
Mrs. Andreina Gotta
Italy
Mr. Felix Fernandez
Spain

Sanlam Cup

Ron Caso

The people of South Africa were great hosts. They did everything in their power to make our stay both educational and enjoyable. Many friendships were formed and will surely continue.

Competition in Cape Town was fierce but fair. Judging was excellent. Both Mark and I felt great pressure to continue USA dominance for the Cup; consequently, this work led to perfects in all events paid off.

Our training in Cape Town was daily— even on days of competition. I felt we should not let up and become fat and lazy. Provisions for training were always made available and in most cases adequate.

After the competition in Cape Town for the Sanlam Cup, Mark and I were interviewed by national television and the broadcasts were well received by the South African people.

Upon arrival to Johannesburg, we were given the opportunity to practice in a small school. Facilities were not as good as Cape Town, but we made the best of what we had and didn't complain.

The young Springbok gymnasts working out with us were very impressive and if they continue progressing at their young age, they will afford the USA team good competition in the future.

I felt sorry for these hard-working gymnasts because they lack international competition which is a must for good mental attitudes toward our sport of gymnastics. I support them fully for outside competition. It is a small competition in Portuguese Hall in Johannesburg was both relaxing and fun. Everyone enjoyed the people and the atmosphere. Mark did fairly well, won the 4 event all-around competition. Mark's parallel bar routine was quite shaky that night but he still managed to keep the lead in the AA.

The USA Gymnastics in Pretoria was a huge success for the South African sports committee. Many thousands of people attended as spectators, and hundreds of participants demonstrated. The crowds received the international gymnasts with great enthusiasm. Everyone did their best to entertain the crowds and by so doing, enjoyed the three days of demonstration and display.

Employment Opportunity

Mike Young's Gymnastics Academy in the beautiful Boise Valley, home of all types of recreation, is accepting application for head women's team coach, in their 400 plus enrollment program. Send resume to Mike Young's Gymnastics Academy, 5416 W. State St., Boise, Idaho 83703. Salary open.

South Africa

All in all, I would say the trip was an experience one would long remember. The people of South Africa are great people. Their nationalism is contagious and heart warming.



(Pictured L-R) Ron Liao, Mike Liao, Linda Kardon, and Danny Heimburger, participants in the Sanlam Cup

Sanlam Cup

Men

Name	Floor	PH	Rings	Vault	BB	HS	Total
1 M. Caso (USA)	9.00	9.20	9.10	9.00	9.00	8.85	54.45
2 P. Schmid (SWI)	8.40	9.05	8.80	8.80	8.80	8.90	53.80
3 W. Bile (W. GER)	8.15	9.00	8.70	9.00	8.80	8.95	52.85
4 K. Blaeder (RSA)	8.70	8.50	8.85	9.10	8.20	8.60	51.95
5 P. Boulet (FRA)	8.80	7.90	8.00	8.10	8.35	8.50	51.65
6 E. Pim (AUS)	8.85	8.88	8.88	8.75	8.30	8.60	51.30
7 G. King (RSA)	7.95	7.50	8.95	8.90	8.50	8.60	50.30
8 M. Caso (RSA)	8.80	7.80	7.80	8.60	8.60	8.40	50.40

Sanlam Cup

Women

Name	Vault	UB	BB	Floor	Total
1 L. Kardon (USA)	9.30	9.65	9.65	9.60	38.00
2 R. Kesseler (SWI)	9.40	9.30	8.75	9.30	38.75
3 J. DuPlessis (RSA)	9.15	9.15	9.05	9.20	38.55
4 Sanguineti (FRA)	8.96	8.86	8.10	9.15	35.75
5 D. Skjoldhammar	9.30	8.70	8.45	9.00	36.45
6 K. Myburgh (RSA)	8.95	8.50	9.00	8.95	36.40
7 P. Kurbjuwel (W.G)	8.75	8.50	8.50	8.35	35.10
8 G. Alvarez (POR)	9.10	8.60	8.45	8.65	34.60
9 C. Baptista (POR)	7.65	8.05	8.20	8.25	30.15
B. Oestling (AUS)	-	-	7.85	8.30	15.95

Sanlam Cup South Africa

Danny Warbutton

Our trip began when Linda and I arrived at Kennedy Airport around 5:00 P.M. on Sunday, February 18, 1979. We had to go from one side of the airport to the other to try to find Alitalia Airlines. We finally found it but only 30 minutes before take off, giving us barely enough time to meet our other party, Ron and Mark Cass, and check our bags. However, we made it, and it was off to Rome.

We arrived at the airport in Rome at 8:30 in the morning, only to find that our bags were still in New York. So off we went to search for the motel an hour later we check in. We then returned to the airport to wait for the next plane from New York, hoping that it would bring our bags. We were in luck, so we went back to the motel, changed our clothes, and were off to see Rome.

It was quite interesting to see a history book come alive right before our eyes (The Pantheon, Vatican City, The Coliseum). After we had walked our legs off and had seen all we could see, we went back to the motel and ate dinner. Linda and Mark then went to sleep while Ron and I talked and got better acquainted. Afterwards, I stayed awake to be sure we did not miss our plane, which left Rome at 12:50 A.M. Well, we made the flight and, after flying all night, we arrived at Johannesburg, South Africa at 5:30 the next afternoon.

We were met at the airport by the South African delegation, led by Mrs. Gwen de Jong and the other gymnasts and coaches from other countries. After we had a snack and went through the press interviews we were off on a plane again for another three hour ride, arriving in Cape Town, the site of the 14th Annual Sanlam Cup. We were met there by Mr. Dave Manley, who was to be our host, and what a host he turned out to be! Just great! He took us from the airport to our motel. The greatest feeling of the trip thus far was a bed. We had been up for 48 hours.

The next two days were schedules with breakfast at 8:00, workouts from 10:00 to 1:00, free time for relaxation from 3:00 to 6:00, and sightseeing in the evening. We visited many places including Table Mountain, High Noon Game Preserve, and the beach.

There was a lot on our minds in these days before the meet. Not knowing what level of competition to expect, Linda and I decided to just go out and try to better the score in her last meet, the DIAL SELECTION MEET that she had just finished on the Saturday before we left. She had finished 10th with a score of 75.30. Before using the equipment we had been worried about it. But after our first workout, we knew we had nothing to fear, the equipment was excellent. So we turned our attention to our competition. We found that it was not going to be an easy meet because we were facing strong competition from six other countries.

The first day of competition was set for February 25 at the Good Hope Center with vaulting and uneven bars. The first event was vaulting. Linda was the first vaulter to compete. She performed a handspring full twist and a



piked tuckahara, scoring a 9.3. Helena Alvarez of Portugal performed two piked tuckaharas and scored a 9.1. Claudia Baptista performed a 1/4 on a roll and yamashita for a score of 7.65. Petra Kurbuscet, West Germany, executed 2 tucked tucks and scored 8.75. Kathy Nyborg of the host team executed 2 tucked tucks and scored 8.5%, and her roommate, Jenny Du Plessis, did two handspring fulls and scored 9.15. The third South African girl, Debbie Skjoldhauge, performed two piked tuckaharas and scored 9.30. Veronique Sangametti from France executed 2 piked tucks and scored 8.95. Romy Kessler of Switzerland performed two well-executed piked tuckaharas to score a 9.4, the 2nd place, one tenth behind Romy Krämer. Birgit Oehring of Austria had withdrawn from the competition because of an injured finger.

The second event was uneven bars. Most of the routines performed were stock bar routines with handstand pommeltes, somers between the bars, and hechtdismounts. Petra Kurbuscet, West Germany, and Veronique Sangametti, France performed world-class routines, but each girl had one major break, scoring 8.50 and 8.95 respectively.

Romy Kessler, Switzerland, performed a good bar routine. Starting with a straddle-over mount to a long kip-cast handstand, then a back salter to a handstand—pommelte—snap—eagle full turn, next a drop glide—kip to high bar, then a sole circle underpass—8 turns to stomach whip followed by a back uprise-free hip circle—stomach whip 8 turns—drop glide—kip catch, ending with a kip to high bar—stomps sole circle backward to a layout with a full twist dismount. This routine was scored a 9.50.

Linda was the last performer on bars. She mounted with a peach—kip catch—kip to high bar, then a cast free hip to handstand, followed by a pommelte—stomach whip back

Modern Gymnastic's International Competition

Marion Duncan

The competition was held Friday evening and Saturday morning with Finals at 3:00 PM Saturday afternoon.

Two gymnasts represented the following countries (listed in order of their prowess from this competition): Czechoslovakia, Russia, Bulgaria, East Germany, Poland, Romania, Holland, U.S.A., Cuba, Yugoslavia, Finland, Austria, France, Belgium, Hungary.

It was obvious that Russia and Bulgaria had sent their 4th or 5th seeded gymnasts, but these were, nevertheless, strong competition for the Czechs. The Czechs were superior in execution and accuracy, preferring vigorous, dynamic routines, but the Russians and Bulgarians, even East Germans, demonstrated more versatility in the contrast of style between each of the four apparatus. Their ball routines were noticeably slower-paced, full-bodied and sensitive using at times single musical notes to emphasize delicate moves. Poland, Romania and Holland are improving each year but not showing the accuracy or proficiency yet of the leading teams. The U.S. team moved up a great deal from last year, and with concentration on ball techniques, greater execution and flexibility, and a little more drilling of superior elements, the U.S. should make a good impression at World Games. Sue Soile is working in Holland under an ex-British coach, and has developed much more extended lines and polished performances. Sandy Shannon, is at present being coached by a Czech national team coach and ballet instructor in

Bueno, and is aiming at building further execution and precision on difficult elements. Both girls have a good chance of being placed within the top 20 at World Games if they continue to improve at their rate. The whole American team was very warmly received in Bueno, and some officials commented on the very "surprising" choreography of Sue and Sandy, and their obvious skill in handling the apparatus.

Dance Techniques. The superior gymnasts were very lean and extremely flexible. Movements were therefore very clean-cut and fully extended; often hyper-extended as in split leaps. It is essential to have the flexibility and strength to hold the leg in high arabesque, forward, side and behind. Also, to be able to pivot quickly at or leisure, 720° on the full ice with correct body alignment is very necessary. Back shoulder, and flexibility is desirable particularly in ball routines, and strong leg and feet very necessary for explosive and controlled leaps and acrobatic elements. High-use footwork predominated throughout the routines.

Apparatus Skills

Ball (Music)—generally either dramatic, or delicate, but with strong expression).

All kinds of fluid rolls over the body. High 30-40° tosses with 1 to 5 clean ones underneath when focus on the ball is momentarily lost—the ball is recovered often in a difficult body position, i.e., back arch, lying pose, or ½ toe balance, requiring great accuracy of ball trajectory.

Rope (Music)—light and bright!

A lot of tosses this year also utilizing horizontal and diagonal planes. Also the rope was used swinging in its entire length a great deal. Jumps were fast, often using the Czechs did many arched leaps over doubled rope.

Clubs (Music)—fairly dynamic!

The clubs moved all the time. There were a lot of smaller tosses and quick exchanges during dance passes, these also often moved through horizontal or diagonal planes through the air. High tosses up to 40° were exciting, and caught with great precision in deep body extensions or extensions.

Ribbon (Music)—it varied, but not as fast or rippling as expected—more deep feeling projected.

Patterns of the ribbon were extremely clear. Some intricate exchanging of bows during a pattern, from one hand to another, without losing the pattern of the ribbon. Also some high tosses performed by quickly grasping the attachment area (of stick and ribbon), giving the ribbon a quick swirl and letting it fly through the air (sometimes vertically).

Film of the U.S. girls, and 5 finalists of each section were taken and will be available for pre-order at Nationals. The music of the finalists was also recorded—copies of this tape can be made available for purchase, for the assistance of parents and coaches in constructing composition.

Sanlam Cup (Continued)

The dancer was excellent, as most of the girls performed on ice. All the turns were performed well, the jumps and leaps had extreme amplitude, and all the movements were definitely precise ballet movements.

Going into the 10th annual Sanlam cup Linda Kardos had a tradition to uphold, the meet having been won by nine girls from the U.S. & in as many years.

1951	Cathy Raby	57.15
1952	Jean Moore Ract	56.49
1953	Rosanne Parer	57.49
1954	Debbie Fike	56.49
1955	Jeanne Anderson	58.19
1956	Diane Dunbar	56.99
(Nov) 1956	Debbie Wilcox	56.65
1957	Andrea Turner	57.49
1958	Donna Kemp	55.59

When the four events were completed, Linda had done her job, with a 38.00 all-around score, thus rounding out a decade of victories by American girls in this fine international competition.



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Colorado Springs Site of Second Jr. Development Testing

Ronald L. Caso

The United States Air Force Academy was recently the site for the Second National USGF Boys' Junior Developmental Testing Program in 1979. Eighteen young men, ranging in age from 11 to 18, converged on Colorado Springs, hoping to parlay their skills for berths on the Junior National Team.

During the eleven (March 14-24) days of testing and competition, the participants demonstrated that both the concept and the reality of developmental programming in American men's gymnastics has indeed come of age. The level of technical skill which marked the program was far beyond the capability of a similar age group just five years ago.

The milestones attained at Colorado Springs testify to the considerable impact which the progressive thinking of groups like the USGF and supportive volunteers can have on the development of American gymnastics. The youth which form the program's talent pool are an increasingly

significant component of the national gymnastic effort. By introducing boys to the complexities at beginner levels, then moving them through advanced beginner and intermediate levels toward the senior team, a continuum of development not previously possible has been attained. The combination of increased emphasis on youth and the extension of training spans offered by the Program is enlarging the resources of men's gymnastics in this country, literally by leaps and bounds. From a collective standpoint, the developmental program has stimulated the assembly of a depth of young talent never before possible. From an individual perspective, the benefits of this program have dramatically increased the rate of improvement among American "youth in gymnastics."

The Second Boys' Junior Developmental Testing Program for 1979 also suggested new targets for effort in boys' gymnastics. Now that increased attention is being focused on this area, goals and training methodologies uniquely suited to the needs of this age group must be evolved. Within this context, results of the process suggest that even greater accomplishments will be possible if more attempts are made to individualize training to the improvement rate of each participant.

Selections for the Junior National Team always follow developmental training camps. The process benefits those who make the team, as well as those who do not. Through individual conferences, each boy is advised of his strengths and weaknesses, informed of mandatory improvements necessary to maintain team status, and encouraged to keep up the good work. Individuals selected Team as a result of the Colorado Springs Program were:

Alton Fornaini	Dallas, Texas	(age 11)
Russell Lacey	Houston, Texas	(age 13)
Stewart Butler	Albuquerque, N. Mexico	(age 15)
Dan McCann	Northridge, Calif.	(age 14)
Lee White	Dallas, Texas	(age 14)
Robbie Brown	Chicago, Illinois	(age 15)

Those chosen for the Team at Colorado Springs, as well as those currently on the squad, have a busy schedule ahead. Mark Caso, Sanlam Cup (South Africa) champion, and Peter Stoltz, winner of the 1978 Junior Nationals, have already been selected to compete in the Golden Sands Meet, to be held in Bulgaria from June 9 through 15. Twelve boys have also been chosen to participate in the National Sports Festival, scheduled for Colorado Springs in August of this year.

The many accomplishments already attained by the National Junior Team comprise a major contribution to the American gymnastic effort. Mas Watanabe, USGF Program Director, is overjoyed with the progress made by the developmental program in the short period since 1976. New criteria for individualization of the testing program, currently being developed, should thrust each participant even further ahead. Congratulations to the coaches and athletes who are working toward a common American goal — international gymnastics supremacy.

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WOMEN'S
GYMNASTICS CHAMPIONSHIPS
MEET RESULTS
1979**

TEAM RESULTS

TEAM RESULTS:

1. Odessa			5. Cynthia Piernich	Miami-Dade	15.75
Community College	Odessa, TX	94.45	5. Donna Attridge	Suffolk	15.75
2. Scottsdale			5. Shawn Rogers	Ricks	15.75
Community College	Scottsdale, AZ	94.10			
3. Spokane					
Community College	Spokane, WA	93.70			
4. Jefferson State					
Jr. College	Birmingham, AL	92.70			
5. Suffolk					
Community College	Long Island, NY	85.05			
6. Ricks College		82.80			
7. Miami-Dade					
Community C North	Miami, FL	82.65			
8. Essex					
Community College	Baltimore, MD	79.00			
9. Montgomery					
Jr. College	Rockville, MD	75.55			
10. College of DuPage		71.30			
11. Triton					
Community College	River Grove, IL	69.40			

ALL-AROUND RESULTS

(Determined After Preliminaries)

1. Wanita Lynch	Odessa	35.85	Jane Vogel		
2. Patty Locotosh	Miami-Dade	32.35	Toni Beanson		
3. Mary Jane Cavalliere	Scottsdale	32.15			
4. Cathy Turner	Jefferson State	31.75	Shawn Roberts		
5. Kathy Carter	Scottsdale	31.20			
6. Shawn Roberts	Spokane	31.10	Mary Jane Cavalliere		

INDIVIDUAL EVENTS RESULTS:

(Combined Scores - Preliminaries and Finals)

SIDE HORSE VAULTING:

1. Wanita Lynch	Odessa	17.325			
2. Patty Locotosh	Miami-Dade	16.85			
3. Jane Vogel	Scottsdale	16.525			
4. Stephanie Lewis	Jefferson State	16.50			
5. Kathy Carter	Scottsdale	16.425			
6. Cathy Turner	Jefferson State	16.175			

UNEVEN PARALLEL BARS:

1. Wanita Lynch	Odessa	16.05			
2. Toni Beanson	Spokane	17.15			
3. Patty Locotosh	Miami-Dade	16.75			
4. Mary Jane Cavalliere	Scottsdale	16.20			
5. Cathy Turner	Jefferson State	16.00			
6. Dauphine Yocom	Spokane	15.60			

BALANCE BEAM:

1. Wanita Lynch	Odessa	17.75			
2. Patty Locotosh	Miami-Dade	16.25			
3. Shawn Roberts	Spokane	16.20			
4. Mary Jane Cavalliere	Scottsdale	15.95			

5. Cynthia Piernich	Miami-Dade	15.75			
5. Donna Attridge	Suffolk	15.75			
5. Shawn Rogers	Ricks	15.75			

FLOOR EXERCISE

1. Wanita Lynch	Odessa	16.40			
2. Mary Jane Cavalliere	Scottsdale	16.75			
3. Shawn Roberts	Spokane	16.65			
4. Elva Shepherd	Ricks	16.00			
5. Cathy Turner	Jefferson State	15.95			
6. Kathy Carter	Scottsdale	15.75			

ALL AMERICANS (1ST TEAM)

Wanita Lynch	Odessa				
Patty Locotosh	Miami-Dade				
Mary Jane Cavalliere	Scottsdale				
Cathy Turner	Jefferson State				
Kathy Carter	Scottsdale				
Shawn Roberts	Spokane				

HONORABLE MENTION ALL AMERICAN

Patty Locotosh	Miami-Dade (Vault-2nd)				
	(Uneven Bars-3rd)				
	(Beam-2nd)				
Jane Vogel	Scottsdale (Vault-3rd)				
Toni Beanson	Spokane (Uneven Bars-2nd)				
Shawn Roberts	Spokane (Beam-3rd)				
	(Floor Exercise-3rd)				
Mary Jane Cavalliere	Scottsdale (Floor Exercise-2nd)				

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Christa Canary
Tracee Talavera
Tim La Fleur
Mike Silverspoon

Coaches:

Dick Mulvihill
Clarence Johnson

Judges:

Sharon Valley
William Roehm

Hungary-USA/Women April 1979

Competitors:

Hedri Anderson
Sandy Wirth
Tracee Talavera
Christa Canary
Leslie Pyler
Jane Weinstein

Coaches:

Donna Strauss
Dick Mulvihill

Judges:

Sandra Threlk
Sharon Valley

Pianist:

Art Maddox

Czechoslovakian Invitational/Women April 1979

Competitors:

Sharon Shapiro
Ann Woods

Coach:
Jim Fountain

Judge:
Karen Patoile

TBS Cup . . Japan April 1979

Competitors:
Beth Johnson
Jeanne Creek
Jay Whelan
Mario McCutcheon

Coaches:
Hal Halvorsen
Mas Watanabe

DDR Invitational April 1979

Competitors:
Linda Kardos
Gigi Amharos
James Hartung
Larry Gerard

Coaches:
Danny Warbuton
Francis Allen

Judges:
Linda Chencinski
Don Allin

Champions All London April 1979

Competitors:
Kathy Johnson
Peter Kormann

Coach:
Vannie Edwards

Risk Evaluation

Revised Copy 2/79

New skills added to original list are asterisked
Working changed to clarity shown by a zero
Not listed in FIG Code shown by N.L.C.

FLOOR EXERCISE

	C-1	C-2	C-3 (D)
I. Dance/Modern Rhythmic Gymnastics			
1. Double turn on one foot, free leg in any position Ex - FIG Code Pg. 49-422 Pg. 80-422 Pg. 90-422	1. Double turn on one foot, free leg in any position Ex - FIG Code Pg. 49-422 Pg. 80-422 Pg. 90-422	1. Double turn on one foot, free leg in any position Ex - FIG Code Pg. 49-422 Pg. 80-422 Pg. 90-422	17. Leap or jump with double turn (N.L.C.) 18. Triple turn on one foot, free leg in any position (N.L.C.)
2. Leap or jump with triple turn (N.L.C.)			
II. Acrobatic/Tumbling			
3. 1½ Twisting front salto (Plut) (N.L.C.)	10. TH Twisting back salto step through to a. Full twisting back salto b. Arabian salto c. Front salto (N.L.C.)	10. TH Twisting back salto step through to a. Full twisting back salto b. Arabian salto c. Front salto (N.L.C.)	19. Triple twisting back salto (N.L.C.) 20. Alternate double twisting back salto (N.L.C.)
4. Double full twisting back salto Ex - FIG Code Pg. 102-422	11. 1½ Twisting front salto (Plut) through to back salto with full twist (N.L.C.)	11. 1½ Twisting front salto (Plut) through to back salto with full twist (N.L.C.)	21. Full twisting double back salto (one full twist, two back saltos) (N.L.C.) 22. Double front/back salto (may be done in any position) Ex - Tuck, pike, layout (N.L.C.)
5. Arabian salto through to a full twist Ex - FIG Code Arabian Pg. 103-422 Pg. 104-422	12. Double back salto in tuck position (N.L.C.)	12. Double back salto (forward or backward) through to double twisting back salto (N.L.C.)	23. Arabian double salto (half in to double front salto) (N.L.C.)
6. Full twist Pg. 102-422	13. Full twisting salto (forward or backward) through to double twisting back salto (N.L.C.)	13. Full twisting salto (forward or backward) through to double twisting back salto (N.L.C.)	25. ½ front salto (jump to the floor is on hands) (N.L.C.) 26. Double back salto in pike or keytar position (N.L.C.)
7. Front salto through to a full twist back salto Ex - FIG Code Front salto Pg. 102-422 Pg. 103-422	14. Double twisting back salto through to full twisting back salto (N.L.C.)	14. Double twisting back salto through to full twisting back salto (N.L.C.)	27. Double back salto in combination of positions. Ex - pike/back, or layout/lyre (N.L.C.)
8. Alternate full twisting back salto (N.L.C.)	15. Front salto or Arabian salto through to double twisting back salto (N.L.C.)	15. Front salto or Arabian salto through to double twisting back salto (N.L.C.)	28. Bowlder salto (consecutive saltos) through to double back or double twist (N.L.C.)
9. Front full twist salto through to any salto in any position (N.L.C.)	16. Alternating salto series with TH twist on each salto Ex - Forward, side, or back salto in any position (N.L.C.)	16. Alternating salto series with TH twist on each salto Ex - Forward, side, or back salto in any position (N.L.C.)	29. Double back in tuck position instead of the exercise * Layout back salto with double twist to immediate front salto from two foot take-off (tuck, pike, or layout) (N.L.C.)
10. 1½ Twisting back with stepout through to any salto in any position (N.L.C.)	• Side salto with double twist (N.L.C.)	• Side salto with double twist (N.L.C.)	• Layout back salto with double twist to immediate front salto from two foot take-off (tuck, pike, or layout) (N.L.C.)
11. Side salto with full twist (N.L.C.)	• Front handspring, front salto, front handspring, front salto, front salto (they may be done both in a tuck, and they may be in any position—tuck, pike, or layout) (N.L.C.)	• Front handspring, front salto, front handspring, front salto, front salto (they may be done both in a tuck, and they may be in any position—tuck, pike, or layout) (N.L.C.)	• Full twisting Arabian 1½ salto (N.L.C.)
12. Front handspring, front salto, front handspring, front salto (they may be done from a tuck-on-end and may be in any position—tuck, pike, layout) (N.L.C.)	• Back salto to immediate front salto from two foot take-off (tuck, pike, or layout) (N.L.C.)	• Back salto with ½ twist to immediate front salto from two foot take-off (tuck, pike, or layout) (N.L.C.)	
13. Back salto with ½ twist to immediate front salto from two foot take-off (tuck, pike, or layout) (N.L.C.)	• Back salto with ½ twist to immediate front salto from two foot take-off (tuck, pike, or layout) (N.L.C.)	• Back salto with ½ twist to immediate front salto from two foot take-off (tuck, pike, or layout) (N.L.C.)	
14. 1½ twisting dive roll (N.L.C.)	• 1½ twisting dive roll (N.L.C.)	• 1½ twisting dive roll (N.L.C.)	
15. Any bounding back salto that includes one layout with one full twist Ex - bounding backs (consecutive saltos) through to a full twist back/twist back salto (N.L.C.)			

BALANCE BEAM

C-1

C-2

C-3(D)

I. Gymnastics/Modern Rhythmic Gymnastics

- 1. Beat (Girobile) four sets (NLC)
- 0.2. 1½ turn with free leg above horizontal (free leg may be straight or bent, placed forward, side, or in back of the body)
- 0.3. Double turn with free leg in any position
- 4. Jump with full turn (NLC)
- 0.5. Switch leg leap (may be done with one or both legs in swing position
Ex. - FIG Code, pg. 61-68
- 6. Side Leap
Ex. - FIG Code, pg. 68-69
- 7. Jump or leap with 180° split and 180° turn
Ex.-a. Four with split (beam difficulty supplement, leap #1)
b. FIG Code, pg. 68-69
- 0.6. Leap with swing to head
Ex.-FIG Code, pg. 68-69

II. Stands/Balances/Modern Rhythmic Gymnastics

- 0.9. Handstand, full pikeout
Ex.-FIG Code Supplement
Pg. 75-82
- 10. Planche (NLC)
- 0.11. Balance
Ex.-FIG Code
Pg. 90-#4M on Floor

- 12. One arm handstand-sit (NLC)
- 0.13. Handstand double pikeout
Ex.-FIG Code, pg. 8-10
* From a balanced sit, swing up to handstand, immediate full pikeout or move into another acrobatic non-flight phase element (NLC)

- 0.40. Double turn with free leg above horizontal (free leg may be in any position) (NLC)
- 0.41. Leap or jump with 1½ turn or more (NLC)
- 0.42. "C"-level risk leaps and/or turns in a series (may be the same or different leaps and/or turns)
- 0.43. 2½ or more turns on one foot

III. Rolls

- 0.14. Free forward roll, tic-tac
- 0.15. Any handstand swing down back roll to any handstand
Ex.-a. Tic-tac swing down to back roll extension
b. Back roll extension swing down
c. Back tuck swing down
d. Handstand, ½ pikeout swing down
- 0.16. Layout dive roll
Ex.-FIG Code
Pg. 93-#1M Floor
- 17. No hands (Free) dive roll (NLC)

- 0.44. Free forward roll immediate sit (may be performed in any position, may be front, side, or back)
Ex.-Combination of FIG Code
Pg. 73-#7S end
Pg. 73-#18S

IV. Gymnastics (non-flight phase elements)

- 0.18. Any walkover across the width of the beam (NLC)

- 0.19. Any gymnastic element with full turn
Ex.-a. Walkover with full turn (Dimidior)
b. Walkover with full turn
c. Back extension with full turn

- 0.45. Any Acrobatic/Thumbling element (not 180-180) with full turn (full twist) may be done at start or completion of the element before landing.)
- 0.46. Any Acrobatic/Thumbling or Gymnastic element with immediate front sit/sit from two foot take off.
- 0.47. Aerial cartwheel immediate back sit/sit in any position (full, pike, or layout)
- 0.48. Any Acrobatic/Thumbling or Gymnastic element to Arabian sit/sit
- 0.49. Consecutive sit/sits
- 0.50. Bounding sit/sits
- 0.51. Splits with twist (½ or more) (NLC)

V. Acrobatics/Tumbling (Flight phase elements)

- 0.20. Two flight phase elements in series
Ex.-a. back or front handsprings (with landing in either step-out or feet together)
b. dive outwards, tuckouts, or with overs
- 0.21. Gymnastic element into aerial or sit/sit
Ex. Gymnastic elements
 - a. walkovers
 - b. backflips
 - c. cartwheels
- 0.22. Single foot take-off front splits (NLC)

- 0.25. Acrobatic/Tumbling (flight phase) element into back splits or aerial
Ex. Front, back handsprings, dive, walk over, tuckouts, cartwheels or rolls into any sit/sit or aerial in any position
- 0.26. Splits or aerial into Acrobatic/Thumbling element
- 0.27. Gymnastic (non-flight phase) element into splits or layout splits
- 0.28. Two foot take off front splits (NLC)
- 0.29. Tic-tac with full twist (NLC)

	C-1	C-2	C-3 (D)
V. Mounts			
0 23 Any pike back salto (NLC)			0 52 A series with two Acrobatic/turning elements and a salto or aerial in any direction in any position
0 24 Front or back handspring with 1/2 turn prior to landing (NLC)			0 53 Tuck or Pike back salto swing down (NLC)
• Side salto (NLC)			• Pike or layout front salto (NLC)
• Switch leg front handspring (NLC)			
VI. Dismounts			
34 1/2 twisting front salto (PwD) (NLC)	0 32 Any vault insert to aerial or salto tuck or pike (NLC)	0 54 Any vault insert with a full turn (may not finish in a front or rear support) (NLC)	
0 37 1/2 salto from hands (Tsubakihara type dismount initiated off the hands) (NLC)	0 33 Salto to feet (NLC)	• Any vault insert to layout tuck (NLC)	
38 Single foot take-off back salto with full twist (NLC)	0 39 Double full twist (May be done forward or back)	0 55 Double salto (NLC)	
0 39 Any full twisting back salto preceded by a "C" Risk element, salto, or aerial (NLC)		0 56 Salto with 2 or more twists (NLC)	
0 40 Any combination of two or more "C" Risk elements including a "C" Risk dismount will upgrade the dismount by 1		0 57 Tri salto-triple hands with full twist (Tsubakihara type dismount initiated off the hands)	
UNEVEN PARALLEL BARS			
I. Circles			
0 1 Clear hip circle to handstand Ex: FIG Code, Pg. 31-#118	0 3 Stoop or straddle stalkers/backward or forward to handstand Ex: FIG Code, Pg. 30-#45	0 37 Any stalkers from handstand to handstand (may be middle or pike) Ex: FIG Code, Pg. 30-#135 Pg. 30-#145	
0 2 Straddle or sleep on and off to handstand (may be done forward or backward) Ex: FIG Code, Pg. 30-#23	4 Any circle/swing element with one or more twists (Not beat full) Ex: FIG Code, Pg. 30-#55 Pg. 40-#45	0 38 German gant (full circle in dislocate position) (NLC)	
	0 5 Giant swing (must complete a full circle) (NLC)	0 39 Any circle/swing move with one or more twists finishing in handstand Ex: Clear, stalkers, straddle or sleep (NLC)	
II. Salto			
0 6 Beat or uprise front salto Ex: FIG Code, Pg. 44-#55	0 6 Clear hip circle forward to handstand Ex: Waller Kip Salto originating off feet or thighs to catch same bar	0 40 Clear to inward front salto catch same bar (NLC)	
7 Beat front salto to rear support on HB (NLC)	Ex: FIG Code, Pg. 44-#43	0 41 From brief squat on HB, bio-flic catch HB over LB Ex: shown in Code only as going to long hand	
		0 43 From brief squat on HB, bio-flic with full twist to catch HB in long hand (NLC)	
III. Releases			
0 9 From HB 1/2 circle in stoop or straddle (pouch) release to land on LB in handstand Ex: FIG Code, Pg. 40-#25 but to handstand instead of glide tip	0 10 Originating from an upward swing movement, handstand/feet change grip on same bar (NLC)	0 42 Any height with salto to catch (NLC)	
0 10 From handstand drop to stalk position as hands regrip (May be done on single bar or from HB to LB (NLC)	0 11 Any clear circle, terminated front snap to catch HB (May be caught in stoop or straddle position) Ex: of clear circles a. clear hip b. strider	• Reverse straddle hand regrip same bar (NLC)	

<p>D 11. From HB taking out in a clear rear support, N forward or backward, east circle of arms in handstand on LB Ex. FIG Code, pg. 26-HG</p> <ul style="list-style-type: none"> * Stomach whip drop to handstand on LB Ex. FIG Code * Stomach whip, uprise, vault over HB, ingrip HB (NLC) * Rolls hands from reverse grip to eagle grip (NLC) 	<p>B 14. Any free full turn initiated from the hands Ex. FIG Code, Pg. 42-HG Pg. 42-HG</p> <ul style="list-style-type: none"> * Stomach whip, spring in turn to catch LB in handstand (Must be simultaneous hand grasp) (NLC) * Stomach whip, straddle vault over HB, ingrip HB in eagle grip (NLC) * On HB (taking out) to front straddle circle release HB, drop to LB (reverse grip) in straddle position circle forward (NLC) * Straddle roll (Front) to handstand on LB Immediate release of LB to ingrip HB (Front salts) (NLC) 	
<p>IV. Handstand Pivots</p>	<p>15. Handstand with full pivots (NLC)</p>	<p>0 44. Handstand with full pivots circle back to handstand Ex. of circles: a. clear hip b. straddle c. straddle or sleep on (NLC)</p>
<p>V. Handstands</p>	<p>* Stomach whip, spring above horizontal to drop into steep straddle circle (NLC)</p>	<p>* Handstand with 1½ or more pivots * Stomach whip, spring to handstand on HB (legs together with straight body) (NLC)</p>
<p>VI. Twists</p> <p>D 16. Pop full twist from LB catch LB or catch HB in eagle grip (NLC)</p> <p>D 17. Hecht ½ turn catch in front support on same bar (NLC)</p> <p>18. Hecht straddle out to rear or "L" support (NLC)</p>	<p>19. Beat free full twist catch LB 20. Wrap ½ turn (pop) catch HB in front support (NLC)</p> <p>0 21. Any circling/turning movement off the hands with ½ twist (same as 84 under twists) Ex. of circling/turning movements: a. straddle b. clear hip circles c. axis circles (NLC)</p>	
<p>VII. Mounts</p> <p>D 22. Full twist to front hip circle Ex. FIG Code, pg. 22-HG</p>	<p>0 23. Any free salts initiated to hand arms (if done to a sit on LB is not given risk credit) (NLC)</p> <p>0 24. Double double leg scoop through on low bar, release to catch in inverted split on high bar (NLC)</p>	<p>45. Splits with full twist (NLC)</p> <p>0 46. Jumps from beam to turn vault into Hand Stand Ex. same as 9 on in vault (NLC)</p>
<p>VIII. Dismounts</p> <p>D 25. Straddle or sleep on hook front salts Ex. FIG Code, pg. 25-HG</p> <p>D 26. Straddle or sleep on N hand/tuck back salts Ex. FIG Code, pg. 26-HG</p> <p>27. Tuck back salts from hands Ex. FIG Code, pg. 23-HG</p> <p>28. Flyaway in layout position with full twist (NLC)</p> <p>29. Straddle or sleep circle layout back salts with full twist (NLC)</p> <ul style="list-style-type: none"> * Clear hip circle layout with full twist (NLC) 	<p>0 25. Straddle or sleep on, tuck front salts with ½ twist (NLC)</p> <p>35. Hecht back salts from wrap on LB Ex. FIG Code, pg. 34-HG</p> <p>0 32. Straddle or sleep circle forward back salts with double twist (NLC)</p> <p>33. Clear inward front salts from HB over LB (NLC)</p> <p>34. Hecht with double twist (NLC)</p> <p>0 35. Straddle or sleep circle forward double back salts (NLC)</p> <p>0 36. Any salts dismount off the hands in pike or layout</p>	<p>0 47. Flyaway to: a. Double back salts b. Double twist c. any double twisting back salts (NLC)</p> <p>46. Any salts from hands with a full twist or more (NLC)</p> <p>49. Single bar hecht back salts (NLD)</p> <p>50. Hecht back salts with full twist (NLC)</p> <p>51. Hecht ½ twist front salts (NLC)</p> <p>0 52. From handstand clear circle or straddle circle in turn front salts (NLC)</p> <ul style="list-style-type: none"> * Reverse hecht back salts (NLC)

VAULTING TABLE OR VAULTS FOR USOF ELITE AND JR. OLYMPIC AGE GROUP PROGRAM

- 6.8 Handspring
- 6.8 Yantsanta
- 6.9 Yamashita
- 6.9 Yamashita, full twist
- 6.9 Handspring, full twist
- 6.9 Handspring, 1/2 twist
- 6.9 Handspring, double twist
- 6.10 Handspring, double twist
- 6.10 1/2 twist on 1/2 twist off
- 6.12 1/2 twist on full twist off
- 6.15 1/2 twist on, 1/2 off
- 6.16 1/2 twist on, double full off
- 6.16 Tsukahara, back
- 6.17 Tsukahara, pike
- 10.6 Tsukahara, layout
- 10.2 Tsukahara, back full twist
- 10.3 Tsukahara, layout full twist
- 10.4 Tsukahara, pike open full twist
- 10.6 Tsukahara, double back
- 10.6 Handspring front tuck
- 10.8 Handspring front pike
- 10.2 Handspring front tuck 1/2 twist
- 10.3 Handspring front pike 1/2 twist
- 10.4 Handspring front tuck or pike with full twist
- 10.12 Handspring 1/2 twist back tuck
- 10.13 Handspring 1/2 twist back pike
- 10.14 1/2 twist on full twist off, back tuck out
- 10.15 Full twist on, handspring off
- 10.16 Full twist on, full twist off
- 10.17 Back front salts on, handspring off
- 9.0 Inlets
- 9.4 Hecht, full twist
- 9.2 Hecht, back tuck
- 9.8 Tsukahara 1/2 twist
- 10.5 1/2 Tuck salts on-handspring full twist off
- 10.1 Full twist on—1/2 twist off
- 9.8 1/2 twist on—nothing off
- 8.9 1/2 twist on—1/2 twist off
- 10.1 1/2 twist on—full twist off
- 10.0 1/2 twist on—1/2 twist front back salts out
- 9.8 Full twist on—1/2 twist off

**NOTE: Any vault that was previously vaulted but is not found in this "Table of Vaults" has been eliminated from USOF competition.

THE FOLLOWING VAULTS WILL BE PERMITTED AT THE CLASS II AND III LEVELS.

7.5 Layout straddle

7.5 Layout hoop

7.0 Layout seat

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Minutes WTC Meeting

Feb. 16, 1979

Marriott Hotel, Tucson

Minutes of the last member meeting were reviewed with the following correction: Meet Director of First National Area Meet to Jim Yutkin.

Score Requirements for 1979 Session—Class I

The RTD's report on score changes at the State level. Many states have lowered their State Meet qualifying score to 64.00 AA. The committee decided to allow the RTD's to continue to make each State responsible to its own needs.

As far as Regions I would go, same high/low extremes (discrepancy as to whether one gymnast could be allowed to attain a 64.00 to make the meet) but, it was discussed that Regions I and 4 may lower the general qualifying scores to 64.00. When the State meet in 8/79, it was decided that there is an incomplete number qualified to Regionals, the RTD may petition to NTO. General Director to lower the score to 64.00. The NTO agreed that to make the Regional meet feasible, there should be a minimum of 40 gymnasts.

Eastern and Western Championships: The committee unanimously agreed to lower the qualifying score from 88.00 to 88.00 (3rd through 6th place).

Score Changes—Class II and III

Mr. Gantz had requested a report to be given at the meeting to be held at the Championships of the USA in Italy.

General Director made a suggestion which will be discussed in the next meeting. He feels each State to raise the qualifying scores and possibly to raise the mandatory score if the numbers are selling that meet is not feasible.

New Business

A. Out of Country competition: Any gymnast living outside the USA wishes compete with his system. Once they reside in the USA again, they may compete at any level.

B. Committees concerned with all areas need to handle these. Reminder: A USOC-concerned event and a non-USOC-concerned meet may not be run at the same time in the same facility.

In order to insure quality meets for our gymnasts, schedules must be upheld, same qualified judges, proper equipment and proper lead officials.

C. In the case of a judgment appealing, the committee will be good.

General Director requested the RTD's to get involved before their Region as to what changes towards the development of good gymnastics might be made in the future. In the Spring of 1979 the new competitions will be put up in the new FIG Code of Points (Summer of 1979). In light of this, down the road by committee to President direction will our Age Group Program? Any ideas as thought talked constructive ideas are requested to both the Regional Technical Directors and Regional Age Group Development Directors.

Some thoughts expressed to the committee that far:

Time limit for beam and floor competitions

Jr. and Sr. National combined in one meet

Jr. and Sr. Events need to be settled

State level meets

D. Inanity Form: The majority of the committee felt that a verbal exchange at the proper time was more positive, but there could also be a written score sheet for valid points. Inquiries could be in reference to rule, officially create, file and unusual breakers [for options] and for instant elements and falls and unusual conditions for competitions.

VI Miscellaneous

A. USOC Age Group Achievement Patches

State Chairman and Regional Chairman purchase the patches from the USOC office at \$3.00 each for distribution at State and Regional Meets.

Meet Directors of East/West and National Meets must request patches from the USOC office.

B. CIO: Their on how to break into a USOC sanctioned meet.

In the case of a CIO and there are no other events available, the following procedures should be followed: If there are no more events the gym with the highest All-Around receives the highest award (for example, if he is 1st place on bars—girl with highest AA receives the 1st place award, the other girl receives the 2nd place award).

For a tie in the All-Around, the higher award goes to the gymnast who has the highest score on any one event.

It is also for an event and the two gymnasts are also tied in the All-Around, the higher award goes to the one with the highest score in the 3rd place on bars, etc. If a tie in the 3rd place, tie a coin to see who gets the highest award.

C. Gymnasts changing Grade: The WTC has recommended that the US Association of Independent Gymnastics Clubs discuss the problem of gymnasts changing clubs in the middle of the competition season.

Some questions to think about: Should they be able to compete immediately for the new club? Should there be rules regarding financial obligations to the old club? etc.

D. Petitions to the Class II meet: For State level and below, petitions should be made to the State Chairman and the RTD.

ELITE AGENDA

1. Review of Elite Program

A. Regional State Classes

1. Only two regions were held from Regions 1 & 7. All Regions except IV held clinics. Bill Gantz reported that the two reports received were well done and the clinics were very helpful to the regions.

President, the Regional State Development Director is responsible for organizing and reporting State classes. Reports should be sent to: Delaine Davis, Shiran Weis and Bill Gantz.

B. Dual Meet from the Dist Meet directly into National Qualifying Meets

Bill Gantz reported that the WTC Development Committee recommends that the Dist Meet be a qualifying meet only for participation in an inter-state event and holds a qualifying meet in the National Elite Qualifying Meets. WTC agreed.

C. Review of Elite Program Participants

1. Review Board for petitions into Zone 8/4 Meets

There was an discussion as to how many senior aged gymnasts [who had not competed in T-20 in the previous Class 1 meet] and at the Zone 8/4 meet. The WTC agreed that there should be a standard way of selecting participants in the Zone 8/4 meet. The Dist Development Committee recommended to drop the T-20 requirement if the petitioners fail to receive the senior requirement at the Championships of the USA.

2. The WTC Development Committee made the following recommendations:

Voluntary Age Database: Eliminate the requirement of 84.00 voluntary. Only one voluntary routine from 2 events which train a different category. The gymnast MUST perform one vault in each of 3 or better. The other vault may not be selected lower than 3.0. The WTC voted unanimously to accept these recommendations effective as of the 1978 Elite Meet.

3. Extra Landing Mat: No extra landing mat will be allowed throughout the 1979 season. If an extra landing mat is used, a 0.5 penalty will be taken.

Equipment Specifications: FIG specifications will be followed. Board for officials will be allowed on the landing mat.

Adjustment of current laws: In the Age Group Program the laws may be adjusted to facilitate the exercise not just the wrapping of the garment. The low law may not be lowered below 160 cm. At the State level gymnasts aged 18 and over must follow the FIG specifications. For the 12-18 year old elite gymnast, there is an option of adjusting the laws to facilitate their routine.

4. Elite Program Secretary Position: Due to lack of funds, this position has been eliminated. The Vice-Chairman of the WTC will take over the responsibilities of the Elite Program Secretary.

II. Merchandise and Funding Report: L. Gantz

USOC funds for the First State Elite Meets have gone out to the West Directors. The USOC office will try to have the checks out at least one month prior to the meets. They requested that the loans be repaid as soon as possible so the money can be used for the next meet.

III. Championships of the USA

A. Format: Committees 1A, 1B, and 1C will be held.

The top 10 from each of the Past and Qualify registrants will advance to the Championships of the USA.

D. One round meets with 10 judges recommended.

D. The new Judging regulations will be in effect.

E. Finals (Competitions 1D): The Elite Development Committee recommends 10 finalists in each event with 3 events being run alternately.

F. Pan-Am Games Selection: The USA's participation in the Pan-Am Games is a notable item at the time. The EDC and the WTC recommend to the USOC that the US support the games and participate in some capacity rather than boycott.

IV. Evaluation of the New Judging System

A. Definition of Judging Competencies

1. Originally—Competency is based on new, different, never before performed, rare exercises. It may be a new or unusual combination of known elements or even 2 elements (y, B, C and D) difficult should be evaluated for originality. The uniqueness of the entire exercise may be considered for originality.

2. Modified—Competence—performance in execution and presentation of the entire exercise when bid difficulty is performed NTO. All execution errors will be considered according to small, medium and large errors regardless of the difficulty of the skill performed.

B. Scoring

1. Weight Values

2. More values

3. 6.0 maximum 15 total

SOME PRACTICAL ASPECTS OF THEORETICAL BIOMECHANICS IN GYMNASTICS

Dr. Gerald F. Calkin

Associate Professor
Eastern Kentucky University

Member of the USG/F
Biomechanical Task Force

One of the complaints often heard about biomechanics presentations is that they are too theoretical to be of much value to the working coach. On the other hand, it is from the theory the practical suggestions are generated. With this in mind, in this presentation we shall attempt to outline both the theory and its practical implications.

We want to look at gymnastics in the very simplest of terms. We shall do this in relation to men's gymnastics. While most of, not all of what we say, will also apply to

8.0 Full on .14 off
9.0 1/2 hand on 1/2 straight body element
9.0 1/2 hand on .15 hand off
10.0 1/2 hand on .15 hand off
10.0 Full (elbow on .15 hand off
9.0 1/2 hand on .15 with hand/sit out
10.0 1/2 front/sit on, headroom 1/2 hand off
Note: For judges certification exam, the two presently illegal skills will be valued as follows:
4.00 -10.00
4.00 -9.00

Classification regarding vanishing board. The board must be placed in a position with the high point of the board closest to the front

Meeting adjourned at 8:00 P.M.

Meeting recessed at 10:30 P.M.

E. Judges Training Committee Report: Cheryl Coker

A. Current status and implementation. The MAWGLI was requested to let Cheryl know of any Regional clinics planned for this year so that the Committee may plan some of its clinics. Comprehensive Clinics are planned for the spring of 1979. The 1980 Comprehensive clinics will be taught by the same clinician with locations East/Midwest/West.

B. 1980 Difficulty Supplement: J. Penske

A new supplement has been completed and distributed to the WYC members.

C. MTC Judging

A. Criteria for MAWGLI Judging Assignments

Criteria for judging assignments will remain the same. There were some concerns from the MAWGLI regarding MAWGLI persistence as most believe.

B. International Assignments

A new point system will be used when assigning of International events. Basic exemplars will be given a point value based on its prestige and importance. For example: 2 points for Olympic and World Games, 1.5 points for Pre-Ams and Contests/Invitational Games, 1 point for Invitational contests such as Central Cup and Moscow-Riga and 0.5 point for meets in USA and Canada.

Mr. Gerni, Chencik and I, worked out the schedules attempting all judges in Groups II and III approximately the same number of points, while taking precedence into consideration.

Any judge without a relevant assignment will be given a point within the United States.

The next FIG-Course has not been scheduled yet but will be held in Moscow probably in August of 1979. These judges from the United States will be selected to attend.

A Conference Committee will be held in January of 1980 at which all FIG judges must review their ratings.

Any changes in groupings will take place after the Continental Committee in responsibility between MAWGLI and USG/F.

1. Many previous USG/F may play a role in the changes between high school, college and national level assignments.

2. Assessment of Blue Zone areas. FIGD's should be analyzed first.

3. Ms. Schreyer commented that MAWGLI personnel have been making incorrect decisions. The MTC would like to reinforce her fact that the FIGD's are responsible for making technical decisions.

women's gymnastics, we are too ignorant in this area to make any firm statements.

Let's start with the question: Suppose I want to be the best gymnast in the world, what abilities or aptitudes do I need? I think I can identify five basic aptitudes needed in gymnastics. Before we get to them, however, let's look at what an aptitude is in general.

Aptitudes are genetically inherited. We can, however, develop our aptitudes. For example, suppose that both you and I were tested for accounting aptitude. The common test which is given for this aptitude is speed and accuracy in adding columns of figures. When we look at the test results you have a 50 and I have a 25.

The each of us (you and I) spend six weeks working on developing our speed and accuracy. Upon retesting you get a 54 and I get a 36. So, we see that not only are you better endowed with this aptitude but you benefited more from training in this area. It should be noted however that we both did improve.

We find the same thing in gymnastics. Those that have the most to start with benefit the most from training. This is not to say that those who are weak in a given area do not benefit from training—they certainly do. It does mean, however, that the training program used by a top gymnast may be very inappropriate for a gymnast with a different set of abilities.

Now let us look at each of the five aptitudes and their implications for a training program. The five aptitudes are: endurance, flexibility, strength, spatial awareness, and discipline. We want to examine each of those aptitudes and suggest some possible (or sample) training measures to develop them. We in no way intend to suggest any "ideal" training program. Our intention is to illuminate these basic aptitude areas and to illustrate some types of training procedures that could be used in each area. We have developed a training program to meet (as best we know how) the needs of the young people on one team. You must develop a program which suits the needs of the young people you are working with and it will most certainly be different from ours.

Two examples will illustrate this. We have a strength training sequence for our team members on the rings that includes, a front lever, back lever, hollow back press, and a cross. This sequence will be most inappropriate for the youngster who is still struggling with the muscle up.

On the other hand, we have the young men on our team do a "leg punch" exercise in the weight room to develop their tumbling ability. It would be kind of silly and very likely counterproductive to have someone like Ron Galimore waste his time doing this particular exercise.

ENDURANCE

Two types of endurance are needed in gymnastics—event endurance and tournament endurance. The amount of endurance needed for a given event is (at least at first sight) appears to be minimal, ranging from 3 seconds for vaulting to 60 seconds for floor, high bar & p-horse. p-horse is a special problem because even though the typical routine is only 30 seconds long there are no stops for rest. If the gymnast is doing triple flyaway dismount it can be a long 30 seconds.

Biomechanics in Gymnastics (cont'd.)

Biomechanics in Gymnastics (con't.)

Also the rules of our sport make endurance important. If a marathon runner collapses over the finish line first he still wins—even if he is carried off on a stretcher. The gymnast, on the other hand must not only finish, he must look good as he finishes.

The other aspect of endurance in gymnastics is the endurance necessary to compete well in successive sessions of a major tournament. A top college gymnast could conceivably compete in each of six events on Thursday night, Friday night, Saturday afternoon, and Sunday night at the NCAA Nationals. Therefore, he would need the stamina to do 35 competition routines in three days—and still look good in the last event.

TRAINING FOR ENDURANCE

In ascending levels of effectiveness I would suggest the endurance can be improved by: 1. running, 2. endurance drills, and 3. successive routines.

Running is an effective approach to building endurance because very little in the way of equipment, time, facilities, and coaching is necessary. Also running presents very little hazard. On the other hand while it is very helpful, running alone will not provide the gymnast with the endurance he needs to be a top performer.

An endurance drill is more effective than running but not as simple. In the drill we currently use we do the whole drill in the belt to prevent injuries. On the first week the gymnast does the last tumbling pass from the compulsory exercise. And the second week he does the last two tumbling passes without stopping. On the third week he does the last three. On the forth week he does the last tumbling pass from his optional and the three compulsory passes. This continues until he is doing 7 or 9 successive passes without stopping. A great deal of stress (verbal encouragement) is put on not only completing the passes but doing each movement well. Thus the gymnast learns to perform well when he is used. We also have a type of P-bone endurance drill.

While running and endurance drills are helpful, the only way to really develop the endurance necessary is to do routines, and do routines, and do routines, and do routines, etc. The gymnast must do many repetitions of each routine and he must do routines when he is used.

This puts the coach on the horns of a dilemma. We all know that the gymnast is more likely to be injured when he is tired, but unless he works routines when he is used he will never develop the endurance he needs to perform well. The hazard can be somewhat reduced by careful spacing and some elimination of, or substitution for, hazardous parts on successive routines. There is no way, however, to completely eliminate the fatigue hazard.

FLEXIBILITY

On some moves the need for flexibility is obvious. In others the flexibility requirements are not so obvious. For example, suppose I wanted to do a well executed multi-handstand on the parallel bars. I'll get out the films of Kurt Thomas and Bart Conner doing the move and study them carefully. Then I'll get someone to spot (put me through the motion) and in no time at all I'll be doing it pretty well—right?—no, wrong! There is no way I would do the movement because I do not have enough shoulder

flexibility. There are innumerable moves in gymnastics that can't be done (or can't be done right) without the proper flexibility. But what flexibility do we need? (Range of motion is specific) I have classified flexibility of various joints into "the big three", "the other three", and "one more."

The big three are: front bend, shoulder flexion (hyperflexion), and shoulder extension (hyperstraction). These are important because the need comes up in a wide range of gymnast movements. One can hardly get on without them.

The other three are: regular split, side split and diagonal flexibility. These are important but if you want to skip doing a number of specific moves you could get along fairly well without much range of motion in these areas.

There is one more: the gastrocnemius stretch. This isn't really needed anywhere but working on it helps to avoid some type of injuries.

Continued May-June Issue



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